THE BVCKLER OF BODILIE HEALTH,

Whereby [illegible] defended and [illegible] consecrate by [illegible] his Co[illegible] his heart (though it were to his hurt) [illegible] fruites of [illegible] in the [illegible] sure of all his Countrie[illegible]

By Mr. IOHN MAXLUIRE, Doctor in Medicine.

EDINBVRGH,
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31

MVSEVM
BRITAN
NICVM

42 b

TO THE MOST NOBLE, WORTHIE, AND GENEROVS LORDS, MY L. CHANCELLER, PRESIDENT, and the reſt of the Lords of his Maieſties moſt honorable privie Counſell.

MY LORDS,

THE Philoſophers, who haue ſeriouſly by contemplation conſidered the nature of man, haue learned into the ſchoole of veritie, that he is the chiefe of all creatures vnder the Sunne, ſeing all things in this theater to be made for his vſe, the Heaven, the elements, and all that doth depend of them appointed for his ſervice: Moreover they found ſuch perfection in his fabricke, ſo great miracles in his works, that they could not find any thing in all this vniverſe, to whom they ſhould licken him well except the world it ſelfe, ſo they haue called him Microcoſme, or little world, being (as Plutarch ſayeth) the abridgment of the whole globe: For it is certaine that GOD in the creation made all things before man, and when hee was going about to make him, hee made an reflexion of his divinitie, and tooke a view of all his workes, that he might print in this his laſt worke the quinteſſence of

of all other, with the beams of his owne image: as man surpasseth the rest of the creatures in dignitie; so the Magistrates private men: but amongst the Magistrates of this Kingdome, your LL. keepe the first ranke both by place and worth: for in maintaining of peace and banishing of troubles, in advancing and approving of the good, and suppressing the evill, your LL. haue given an cleare manifestation of both prudencie and vigilancie. I knowing how your LL. did affect these who study to the well of the publick, haue made bold to publish this smal work with your L. names in the frontispice of it, as most due to you; nam vestri interest ne quid detrimenti respublica capiat. Truely if the smyling brightnesse of your LL. sweetly shinning countenance had not glanced on my dazled eyes, should haue beene forced with Diogenes in the day light with a candle to looke for a man fostered with the milke of letters, and now become a father and favourer of all such, whose emolument depends from the advancment of vertuous studies. Your LL. presence at the entrie, will preserue it from the virulent byting of viperous invyers, and so shall incourage me to imploy the small talent the Lord hath imparted to me to your LL. service, and the vse of the publick as your LL.

Most humble servant

I. Macluire D. M.

TO THE TRVELY NOBILITATE HONORABLE, AND GENEROVS GENTLEMAN, IAMES MONTGOMERY ESQVIER, SONNE TO MY LORD VISCOVNT OF the Airds, in the Kingdome of IRELAND: Health.

Right Honorable, and worthie Sir:

HAving after a long calculation found out tyme of my conception, almost doubting of the father, (as few honest Women doe) I knew in end the childe belonged by right to you, which (yet honest woman like) I present to you, willing it should carie your name in the fore-front: Reject it not Sir, either by reason of the vnlawfulnesse of the tyme, being now eleven yeeres past since my first conception, where others take but eleven months at the most: the first lineaments being drawne, and carefully: yet, fatherly

fatherly, vnder the cover of your wings by heate till it tooke lyfe, hatched in the Vniverſitie of S^t. Androws eleven yeares ſince: or becauſe of the vnlikeneſſe of the birth, which doth not reſemble you the father, (yet it is no Wonder Sir) it being (babe like) toothleſſe, tongueleſſe, ſightleſſe, noſeleſſe: yea, Wholly ſenſleſſe, and ſo vnable to bite againe the backbytter, or make anſwere to the Critick babler, to flee the Viper in the way, or ſmell a farre of the ſclanderous Cenſurer, whoſe throate is become an open ſepulcher: You Sir the father, having with the proportion of the members the ſharpneſſe of the ſenſes, and ſweete harmony of theſe outward decorments, that inward ornament of all, to wit, theſe eminent faculties of the ſoule, Which kithes in your conception, graue and ſolide ratiocination, and memorie furniſhed from former obſervations, with a copious matter to all ſorte of Wholeſome diſcourſe, ſo that in-bred naturall wiſedome, and painfull acquired learning, hath made you Sir (abſit verbo invidia) juſtly to be thought by me (who ſcarcely ſeeth any thing clearely) μετρον απαντων, a juſt dimenſion of all things, required in a noble generous mynd, and a properly proportioned perſon. Receaue therefore this ſilly babe Sir, and let the perfections which are in you, ſupplie the defects that are in it

main-

maintaine it by your authoritie from the vnchristen: yea, vncharitable railing tongues and ryving hands of all Waſpe-like ſearchers of poyſoun amongſt hony flowers, divel-like by invy hinderers never authors or furtherers of any good enterpriſe, aiming at the well of the publick, but them I regarde not: laugh you Sir, and let them lightly it; receaue you it, let them reject it: to you Sir only being conſecrate, I doe offer it as a ſure badge of my conſtant deſire out of ardent affection Sir to liue and die,

Your moſt affectioned ſervant,

IOHN MAKLUIRE,
Doctor in Medicine.

To the Reader.

Receaue gentle Reader this little treatise with that mynd it is presented, which is humble without alledged pride, and sincere without affected sard: only desirous to serue God, for which end I was formed, and the countrie to which end I was called; least now I should be idle, while the Sunne of knowledge is eclipsed by the clowds of ignorance, which hath bred such an apprehension of supposed weakneſſe in the mynds of many, when this science is inclosed in the person of a young professor: that old ignorant ruffians, practised Man-slayers, are repute only worthie Physitians, whose best curehath beene vpon their owne purse, if they haue bene but a bystander in some desperate recoverie, they are sclandered with it, though guiltlesse, and this hath bred their reputation, to whom if once yee send your vrine, yee must resolue to be sick howsoever, for they will never leaue examining of it, till they haue shaked it in a disease. Of such our countrie and citie is filled, for none from the Preacher to the cobler, or the Lady to the landres, but all doctorate deceavers; by this the

sorcerers

ſorcerer venteth his divelrie: the ſeminarie Prieſt his Poperie. To you be it ſaid my Lords of his Majeſties Counſell and Seſſion, and on you be laide the blood of theſe poore ignorant innocents, dayly precipitate to their graue. By this neglect GOD is bereſt of his ſervants, and the King of his ſubjects: helpe this my Lords, and let not this old ſcience, commanded of GOD, followed by Kings and Princes, imbraced of all, and renowmed by all, over all ſecund to none, (divinitie except) decay amongſt you, and reſtraine *pantodidactos* extravagant ſpirit, (more ignorant than the Oxe or Aſſe, while hee knoweth not his owne cribbe) within the borders of his profeſſion, ſhowing whatſoever his vocation bee, Mr. *Perkins* ſuperſcription of his bookes, *Miniſter verbi es, hoc vnum age*, that medicine flouriſhing in this Kingdome, not only my *old Lord Doctor*, but alſo *young Maſter Doctor* may liue by the labour of his hands, deſtitute of other lands.

In IOAN. MAKLVIREVM (sive lyradem) Σοφιατεος.

AOnidum pater est, idem est Asclepii, Apollo;
Illius inventum est ars metrica & medica.
erum Asclepiadis citharamque & Pæonis artem,
Musarum vt famulis tradidit Aoniam.
ieridum nato simul atque Epidaurii alumno
Phœbus avus *Lyrada* donat vtramque lyram,
iacte lyrâ vtrâvis, canones dignate modosque
Tradere Pæonios, ludere & Aonios.

Ludebat G. Sibbaldus
Σοφιατεος.

In Authoris nomen, Mak. *hoc est* filius. *Lure*, id est esca.

PErge salutiferam sic impertirier escam,
Iure salutiferæ diceris filius escæ.

In Libri inscriptionem

MIlitia est quicquid mortales degimus ævi:
Quàm sit opus clypei nemo negabit ope.
Mysticus est Mystæ; Medicæ hîc *Maklurius* artis
Porrigit, ingenii nobile deig na sui.
Quisquis amas sanam, quoq; sano in corpore mentem,
Sanus si es, sanum qui tueatur habes.

In Zoilum.

TEntas *Maklurij* incassum discerpere nomen,
Livide, præclarum iam super astra volat.

Pat. Sandæus.

Author ad Censorem.

CVM tua non edas carpis mea dogmata Censor,
Carpere vel noli nostra, vel ede tua.
Candidus imperti meliora vel vtere nostris:
Aut alios nostro mitte labore frui.

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FINIS.

THE BVCKLER OF HEALTH.

GOD the Creator made man with a soule immortall, and a body subject to death, being composed of foure elements, of contrary qualities, which doth combate still amongst themselues, the stronger stryving to subdue the weaker, hence commeth many diseases, and in end destruction: Moreouer our lyfe is sustained by two pillars, to wit, by the naturall heate, (which is the chiefe instrument of the soule) and the moyst moist, or sappe of the body, which is the nurishment, or foode of this heate, as is the oyle in the lampe, of the light, which humour failing, the heate must needs perish: but so it is this humour can not

ſtill laſt, becauſe the naturall heate doth dayly deſtroy it, and although there be dayly reparation made by the heate, and the blood that proceeds from the heart by the arters to all the members of the body, yet the ſappie or humide ſubſtance that is diſſolved is much purer than that which by reparation doth ſucceede to it: for our naturall heate being dayly weakned, is not able to make vp her loſſes, by as good as it hath loſte: as wyne the more water bee mixed is the weaker, ſo our naturall heate, and inbred ſappie ſubſtance is dayly weakned by the appoſition of new aliment or foode, having ſtill ſome thing vnlike the former: Adde to theſe that the diſſolution of the body is continuall the reparation, but by litle and litle, after many alterations: heere yee ſee, that the naturall heate devouring this our naturall in-bred ſappe doth deſtroy the ſelfe in end.

And although that theſe things doe impoſe a neceſſitie of death to man, nevertheleſſe hee may not only prolong his life (conſidering heere the ſecond cauſes only) but alſo preveene ſickneſſe, and keep himſelfe in health, and that by the right and moderate vſe of theſe outward cir-

umſtances in themſelues indifferent, and
o good, if rightly and circumſpectly vſed,
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It is expedient for the preſerving of
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ry one whoſe age and force doth per-

mite, should everie yeare draw blood and purge, and that in the spring, because the body replenished with humors doth readily at that tyme fall in diverse diseases, while as the naturall heate revived, by the approching of the sunne towards ye doth attempt the expulsion of these humors out of the body, from the which enterprise of nature ariseth a conflict, if nature haue the victory, man escapeth: but if shee succumbe, man dyeth: that nature doth thus attempt the expulsion of these humors, it is knowne by these intercutaneau diseases, as are itch, pustuls, byles, vicers, and such like, which wee see commonly in the Spring to fall out.

The body in the winter by two meanes is replenished with humors, the one is by that extraordinarie appetite whereby men are carryed: yea, rather forced to eat more meate in that season than in the Summer: this appetite proceedeth from the greater heate of the stomack then, than at any other tyme. The other meane whereby the body is replenished, is the envyroning cold, whereby dissipation of these three substances (to wit, the airy, humide and solide is hindered, as also the excreti-

on of the vapours by the ſmall holes, or
pores of the body. It is therefore need-
full to helpe nature, and light her of this
burthen, by drawing of blood, or phlebo-
tomy and purging: And becauſe the re-
ward of Phyſitians in this countrey being
frequently, *My Lord, GOD reward you*,
hath made Phyſitians to bee ſcarſe, and no
wonder, for how ſhall his L. liue vpon
this rent, is it not to content *my Lord*
with the poore folks almes, who get of-
ten *GOD helpe you*, they differ in forme,
but not in matters this ſcarſitie conſtrai-
neth the Gentlemen to commit themſelues
to bee handled by ignorants, who leaſt
they ſhould deale with them as that Chi-
rurgeon of *Iedburgh* dealt with his pati-
ents, who forced all them of whom hee
drew blood, their wound vnder-cotting,
to returne to haue it healed, and being
asked the reaſon of this of his little boy,
hee anſwered, that for making of the wound
by opening of the veine, hee gote a Wea-
ther, but for curing of the ſame a Kow,
that every one may vnderſtand for his
owne well, I will inſiſt a little on phle-
botomie and purging.

Of Phlebotomie.

Phle-

PHLEBOTOMIE then is an evacuation of the vitious humors abounding in the body, mixed with the blood, by the opening of a veine.

This is either vrged by the present disease, which admittes no delay, or it is voluntare for the preveening of the imminent, when the present danger doeth presse, it maye bee at any time of the yeere, or any houre in the daye or night without exception, and that in diverse places of the bodye, as the nature of the disease shall require; when it is by election, or voluntarie for preveenig of future diseases, the most fitte tyme of the yeere, is the Spring, in the latter end of March, or the beginning of Aprile, and the most proper houre in the daye is the morning; an houre or more after you are awake, hauing made a cleane Ship, fore and aft, (as the Sea-men saye:) the most accommodate place is the veine basilike, or lever veine, the Chirurgian hauing rubbed it with his hand, or a drye cloth before, for the gathering of the blood thither, then having tyed it, let him make the incision beneath the place, where it meeteth with the veine Cephalicke, about

two fingers breadth, hauing marked the place before, and anoynted it with a litle oyle, holding the veine faſt, leſt it ſhould ſlyde with the thumbe of the leſt hand if the inciſion bee made with the right hand, and leaning the hand wherewith hee openeth the veine on the arme of the patient, that it may bee ſtable, and giuing him who is bled a battoun in his hand, for to ſtirre his fingers, to that effect the bloode may iſſue the better, and hauing drawne ſuch a meaſure as the nature force and age of the perſon may well ſuffer, ſlacking the band, let him laye vpon the wound a litle peece of linnen cloath dipped in water, and tyed ſoftly by a band of linnen till all danger of new bleeding bee paſt, keeping ſtill the arme all that daye free from all motion.

Blood may bee taken in greater meaſure of ſanguineans and bilious, than of melancholious, and phlegmaticks, of young men than of old, and of men than women. Except it bee of ſuch who by often ſacrificing to *Bacchus*, their head takes now and then a giddie ſtartling, their tongue a tedious ſtratling, their taile a vile wauering. Theſe monſters of nature

ture, shame of their sex, crosse of their husband, and disgrace of kin, friend and allyance should bee bledde in both the leggs and armes, and in the croppe of the tongue, by a crosse sneck to the end, it may bee made slower for talking, and stiffer for drinking, least continuing in this wicked mood, they make their husbands Cuckolds, their bairnes bastards and beggars, themselves whoores and theeues. Iustly many are molested with such beasts, who glames at the turde for the twelse pence sticken in it: the corruption of our tyme being such that Tome the tinklers sonne metamorphosed in a Gentlman, sutes mistresse Marie my Lords daughter, and Sir Iohn my Lords second, speares out for Sandie the Souters fourtie thousand mark Iennie. This Tom aiming at vanitie rather than vertue, comes to honours or hornes by his wife, and Sir Iohn looking to geare more than to grace, is often perplexed, while the trash is wasted, by a *Masie Fae* or a *Maly Dae*. I wonder that their vnequall conjunctions doe not fill the countrie with monsters lyke Mulets which is begotten betuixt a Mare and an Asse.

of

Of Loch-leaches.

Some vſe Loch-leaches when they cannot haue the vſe of drawing of blood. Theſe little beaſtes are not to be applyed preſently, after they come out of the water, but they muſt bee keept foure and twentie houres in a veſſell, full of faire water, that they may ſpue out this, while the filthie mudde & droſſe is within them. They ſhould bee gripped with a whyte linnen cloath, for the bare hand cankers them. The place to the which they are to bee applyed, ſhould be ſmeered over with blood, to that end they may enter the ſooner: and when yee would haue them to fall, ſprinkle a little Aloes or ſalt on them, if yee would them to draw more then they are able to containe, cut off their taile while they are yet hanging, and if the bleeding ſtanch not after they are fallen, apply with a band, of cloath or wooll brunt and beatten to pouder.

There bee other Loch-leaches or blood-ſuckers not ſpoken of here, ſuch bee gold greedie, inventors of new impoſitions, faith leſſe victuall foreſtallers, and treacherous quarrells, and proceſſe hatchers, who bereauing by theſe meanes his innocent brother

ther of his goods the entertainers of his life, may bee tearmed rather man slayers than blood suckers. These vnlyke to the former, does sucke the best blood but like the former in others, for they never of them selues fall from that sucking till they bee not able to containe any more; if ye sprinkle them with the sharpe pouder of Aloes, (that is with justice) then they fall, and if you continue to persue them by the same, you shall find them as the former by salt, so they by it are forced to spue out the vndigested blood of the poore, and cut mee the taile from them that is, make them quyte of wyfe and barnes, in whose person they feare the curse of the great judge. These grinders of the face of the poore, shall never make an end of sucking. These as vnworthie to bee thought or spoken of by any good Christian, I leaue to bee handled, yea justly to bee hanged by the Iustice heire, and if they amend not, to bee tormented by the great Iustice prison-keeper heereafter.

Of purging.

And because our countrie Leeches, considering the disposition of the people among

mongſt whom they liue (who eſteeme well of no meate but that which rakketh the belly, though it were draffe and ladings: ſo they think of no phyſike, but that which ſendeth them three or foure ſcore tymes to the midding) doth carie about with them commonly for this ende (to vſe their termes) colocinthida, ſtibium, and diagirdium, violent firie remedies, whereby the body is mightily endomaged: it ſhall not bee a-miſſe to conſider what purging is, and the nature of the remedies proper for the ſame.

Purging then (as commonly it is taken) is a cleanſing of the body of the ſuperfluous humors by vſe of medicine working downeward, the purgatiues are diuerſe, according to the diuerſe nature of the humors that is to bee purged.

The humors are three, bile, flegme, and Melancholy: the purgatiues are either gentle, mediocre, or violent.

The gentle purgatiues of bile, are Caſſe, manna, the iuice of Roſes, Tamarinds, ſweete prunes.

Caſſe being of temper hote and humid, being corrected becauſe it is windie, with anyſe or finckle ſeede, it may be giuen to

all

all sort of persons, to bairnes halfe an vnce, to aged an once and an halfe, or two at the most.

Manna being temperate in qualities may bee given the weight of an vnce to bairnes, and two or three vnces for men, for some men correct the slownesse of it, by three or foure graine weights of diagridium.

The juice of roses is hote and dry in the first degree, the dose is from an vnce and an halfe to two vnces, the syrope of rose solutiue made of this juice is from an vnce and an halfe to foure.

The dose of Tamarinds is from halfe an vnce to a whole.

Sweete prunes are given in number from twelue to foure and twentie.

The mediocre purgatives of bile, are Aloes, Rheubarb, Myrabolans, Citrins.

The dose of Aloe hote in the second, and dry in the third degree, according to Galen, is from a dragme to one and an halfe, or two at the most, it is most vsed in pilluls; because it is sharpe and byting, it is corrected with mastix, and being slow of operation it is hastned by the juice of roses.

Rheubarbe hotte and drye in the second

cond is given from a dragme and an halfe to two, and becauſe it is ſlow in operation, there is adjoyned to it cynamome or ſpice.

The Myrabolans citrins are almoſt of the ſame facultie with Rheubarbe, but that they bind more: their doſe of olde was from two dragm. to halfe an vnce, *Meſue* giveth them to the weight of five dragm. they are rubbed with the oyle of ſweete almonds for their dryneſſe cauſe.

The violent purgatives; are Diagrid: Azarum and Centaurie the leſſe.

Diagrid: beeing hotte and dry in the third degree, is given to the weight of ten graines, it is corrected becauſe it byteth ſore with the juice of quinces, and gumme, tragacantha, and with maſtix, for the keeping of the ſtomake from hurt by it.

As for Azarum and Centaurie the leſſe, becauſe they are out of vſe I paſſe them over.

The compoſed remedies purging bile, are ſyrupes, opiates, electuaries, or pilules.

Syrupes, as the ſyr. of roſe: whoſe doſe is from an vnce and an halfe to foure.

The syr. of Cichorie with Rheubarb, given according to the same quantitie, but of lesse force.

The opiates, are Catholicum, Diacassia, Diaprunum simplex: their dose is from halfe an vnce, to one and an halfe. Triphera persica, and Diaprunum solutivum, are much more violent: their dose is from three dragm. to sixe, or an vnce at the most.

The Electuares, are the electuare of Roses that is of great force: his dose is from two dragm. to sixe, or an vnce at the most: the electuarie de Psillio is after the same manner.

The pilules are pilulæ sine quibus. Aureæ, de Rheu. their dose is from a scruple to foure: Remarke heere that pilules are seldome vsed to purge bile.

The simples that purge Melancholie are Senne, polypod. as gentle purgatives.

Senne is hotte in the first degree, and drye in the second: his dose given in substance, is two or three dragm. in infusione: from three to sixe, in decoctione, an vnce; his wind is corrected by anise, and his slowneſſe by cinamome, and ginger.

Polypode

Polypode is hote in the ſecond, dry in the third, his doſe is from two dragm. to halfe an vnce, his dryneſſe is corrected by glycyrize.

The mediocre purgatiues of melancholie, are; Epithimus, Myrabolam Indi.

Epithimus is hote, and dry in the ſecond, his doſe is from a dragme to halfe an vnce; *Meſue* did giue the weight of halfe an vnce, his dryneſſe is corrected by raſins of the ſunne.

Myrobolani indi are of the ſame nature, that the myraboline citrons are.

The Ancients had by theſe, fumaria, alias, earth-ſmoake, cuſcula, and the bark of capres.

The violent purgatiues, are, black ellebore: lapis armenius and lapis Lazuli, black hellebor hote and dry in the third degree, his doſe prepared is from 15 graines to halfe a dragme, it is prepared when they ſtick an aple with little peeces of it, and with clowes, and ſo roſteth both vnder the aſhes, the which apple is vſed, the peeces of ellebore being caſten away, it is infuſed in hidromel or barley water, from the weight of a dragme to halfe an vnce.

Lapis armenius is in the firſt, hot and dry

in

in the ſecond, his doſe vnwaſhen is from halfe a dragme to a whole, but waſhen to a dragme and an halfe, it is corrected by frequent waſhing, without the which it procureth vomite, lapis lazuli is hot it every way.

The compoſed purgatiues of melancholy, are, opiates, confections, pilluls.

Opiates, as Catholicon, Diaſenna, their doſe is from an vnce to one and an halfe.

Confections, as confectio hamech, his doſe is from three dragme to ſix.

Pilluls, are *pilulæ de fumaria*, which are ſeldome vſed in melancholy.

The ſimple purgatiues of flegme gentilly, are, Carthamus, Myrabolani, Chebulæ, Sarcocolla.

Carthamus hote in the firſt, dry in the ſecond, his doſe is from 2 dragmes to an vnce, it is corrected by cynamone and anyſe.

Myrabolani chebulæ are like in all to the cittrins.

Sarcocolla, hote in the firſt, dry in the ſecond, his doſe is from a dragme to two, his flowneſſe is corrected by gingiber.

The Mediocre, are Agaricus hotte in the ſecond degree, and drye in the firſt:

his

is doſe is from a ſcruple to two dragm.
neſſe is corrected by ginger, or
ica Nardi.

The violent purgatives of flegme, are
urbith, Hermodactes, Colocinthis: Me-
oacham; Ialap and of olde, Sagapenum,
poponax.

Turbit is hotte and drye in the ſe-
ond degree: his doſe is from three ſcru-
les, to foure, it is corrected with ginger.

Hermodactes, hotte and drye in the ſe-
ond: the doſe and correction of the ſame
s that of Turbit.

Colocinthis, hotte and drye in the
hird: his doſe corrected, that is, the
rochiscks of Alhandal, is from ſix graines
o fifteeene, and to the weight of a ſcruple
or the ſtrongeſt.

Mæchoacham, hote in the firſt, dry in
he ſecond, a remeedie fit for all ſorte of
eople, his doſe infuſed in white wyne
s from two ſcruples to a dragme.

Ialap roote is to bee taken after the
me manner, and in the ſame quantitie.

The remeedies compoſed, are, opiates,
lectuaries, pilluls, trochisks opiates, as ca-
holicum, diaphenicum, whoſe doſe is from
alfe an ynce to a whole for the ſtrongeſt.

Electuaries, are electuarium de citro, his dose is from halfe an vnce to six drames

Diacarthanium, his dose is from halfe an vnce to a whole.

Pilluls, as of Agarice, Stomachiæ, & fine quibus, their dose is from halfe a dragme to foure scrupuls, pilulæ coccia, fætidæ, lucis majores, arthriticæ, de hermodactilis, their dose is from two scrupuls to a dragme

Trocises are de agarico, their dose is from two scrupuls to a dragme: trochiscis of alhandall, their dose is from sixe graines to a scruple.

Their bee other sort of purgatiues, which men call purse purgations, and these are of three sorte as the former, gentle, mediocre, or violent.

The gentle comprehend the modest, and moderate charges of an honest house.

The mediocre are the just reward of the physitian, the due of the scholemaster, and the fitting of the conscientious merchand compts.

The violent conteane the gorgeous depursements to the Goldsmith for lace, cuppes, and such like, the persuing by law some tedious processe by the fire violence:

ence of these two, the poore purse which often taketh an irremediable fluxe, and dyeth of the skitter: His Majestie with his most honourable and wise Counsell, by an act of parliament (evill keeped) hath found out a remeedie for the former: would God the wisdome and concord of his subjects would admit an other for the latter, for then the Nobilitie and Gentrie should not bee so lukken-handed to other professions.

Of Vomitores.

Because some (as bilious constitutions) are sooner and better purged by vomiting then purging: and seeing it is much vsed, consider with mee the remedies of it.

Vomitores then as the purgatiues are of three sortes, to wit, gentle, mediocre, and violent, the gentle are such as doe procure it in burdening the stomack by their quantitie, as warme water, fat broth, butter, oyle, and the like taken to the measure of ten or twelue vnce.

The mediocre are the seede and flower of Anyse, the seede and roote of orage, the Latin terme is atriplex, the roote of asarum, given from a dragme to foure

and agarick, his doſe a dragme.

The vehements are, the ſo[illegible] and flower of broome, to the quantitie o[illegible] two dragmes, gratiola from a dragme t[illegible] one and one halfe.

Some of the Ancients thought it to be expedient for the health to vomite everie moneth, and that after a great carrouſe, but this counſell needeth not to be given to the ſoukeſpikkets of our age, who as they drinke like Suiczers, yea rather like ſwine, they caſt as *Dutches*, yea rather like dogs, it were little fault for puniſhment to pinch ſo theſe intemperate and vntymous abuſers of GODS creatures, vntill they were glad with the dogs to returne to the vomite, *And this much to you Drunkards.*

It is heere to be remarked that growne fat men ſhould not bee purged by vomiting, for by the preaſe, yee will eaſily breake ſome veine in their body: nor melancholicks, for they hardly purge vpward; nor aſthmaticks, or ſuch as hath any impediment in their breath, through the infirmitie of their lights, for by it they are much more weakned, yea ſometymes torne: nor hectiks, for their body being already worne, is wholly caſten down:

owne, nether they who are of a weake eade, tender eyes, of a long neck and narrow breaſt, only cholericks, being ſtrong firme conſtitution, not burdened with fleſh, and much ſubject to the omiting of bile, yallow, greene, or ſea olored: as alſo phlegmaticks of a rude obuſt nature, whoſe ſtomack is full of legme, ſhould be purged vpward by vomite, and that with great caution following in it, the adviſe of ſome vnderſtanding man, for no leſſe danger floweth from he extraordinarie doſe of vomitores nd the malegovernement of the patient both after, and while it worketh then y purgatiue medicines.

I haue only heere for breveties cauſe touched the qualities of the medicaments, and their doſe, living the forme of exhibition, and preparation to the giuers, that takes vpon them to miniſter phyſicke in the country.

It is to bee remarked, that except the bodie bee ſo full of blood and humors, that the phyſicke cannot pearce through them, purging ought to precead phlebotomie, howſoever the bellie ſhould alwayes bee emptie and cleane of the excrements.

The

The patient ſhould keepe himſe
warme while the medicine is workin
helping the operation by a gentle motio
as alſo by a little thinne warme brot
after the taking of it about a litt
ſpace.

And becauſe that the not working o
medicine doth affraight many, it is to b
vnderſtood, that ſome will not moue th
bodie any way, and yet doe little or n
harme to it, ſuch are gentle & mediocre me
dicines, the gentle purgatiues, when the
purge not, are turned by nature into th
blood, the mediocre into the nature o
the humour, which they purge whithe
bile, pituite, or melancholie, but the vio
lent caſt the bodie in a feuer readilie, and
become venemous, while as nature o
vercome hath not force to expell them,
but the other two being overcome by
nature, are reteined within the bodie, ſo
that the ſtay of them is from a weake
neſſe in them, but the ſtoppe of the laſt is
from a weakneſſe in the bodie.

Gentlemen therefore ſeing you know
both the names and varieties of the pur
gatiues ſpare not to aske at your Leeches
what they be ere yee take them.

Bairnes

Bairnes before they bee eighteen or twentie yeare of age, and old men after fourtie, (except they be of a ſtrong complexion) doth not ſtand in neede of this yearly purging.

Canon. 2.

The bodie being thus made cleane, take heade leaſt by overcharging of it yee file it a new, for being in ſome faſhion, weakned by the former remeadies, it doth not ſhortlie admit that meaſure of nutriture that it did before, it is expedient therefore to come to your accuſtomed dyet by degrees, leaſt a new file require a new cleanſe, and too often ſcowring of the potte although it were of braſſe weares it.

Canon. 3.

Flee mornings ſleepe, and lazie lying in winter after ſix, and ſummer after ſeven, for long lying to the health is hurtfome.

Becauſe it hindreth the cleanſing of the bodie from the excrements, (and judge you giue it bee either handſome or wholſome to ſee the midding at the fire-end) while it ſtoppeth the paſſage of the ſpirits animale, the cauſes of motion for their expulſion.

Second

Second: Becauſe it procures the grownesſe or fatneſſe of the ſame, this by experience is ſo knowne that it needeth neither further confirmation by reaſon nor illuſtration by example.

Third: Becauſe it maketh the bodie heavie vnapt for the ordinarie exerciſe & the ſpirits dull and vnfite for conception.

Let not this offend you gentlemen, who for ſparing of charges and ſaving of cloths takes your breakfaſt often in your bed: And yet when the gallants come to the ſtreete, they will ſhake as faſt as if their ſtomack were full of winde (I thinke ſo it be,) their head full of bees, their armes were winges, and they goe as on nettels more gyſour than gallant like, they make not conſcience for their twelue pennies to weare a poore womans paire of ſheets.

Cannon. 4.

After you are riſen, ſee you make a cleane houſe, from al the excrements which are three fold, anſwerable to the three concoctions: the excrements of the firſt are the filth of the bellie, of the ſecond, bile, melancholie, and the vrine or water, of the third, ſweate, there bee alſo excrements of particulare parts, as of the

head

head and lights.

And becauſe the excrements of the bodie, doth offend the noble parts, trouble the head and the ſtomack, when the bellie is harder then it ſhould bee, the vſe of prunes ſodden with ſuggar, taken at the entrie to the table, will louſe it.

The water ſtopped is made fluxile, by the vſe of fine pure cleare drink, taken in a good quantitie, ſuch as whyte wine, as alſo by the vſe of aperitiue herbs, as parſley finkill, eringium, anonis, apium, gramen: and ſuch like. the long retention of the water hurts the bledder, that it doth not paſſe without paine, ſometymes there followeth on it the gravell: ſometimes the hydropſie.

When the bile is not drawen by the owne receptale or bladder, & then powred out in the puddings to the which it ſerves for a daylie cliſter, it cauſeth the jaundiſe or gulſoch, and ſundrie other diſeaſes, this is to bee prevented, yea helped by the vſe of cichorie, endiue, agrimonie, fumiterre hoopes, and worme-wood.

Melancholie whoſe receptacle is the melt, if it bee not either expelled in the ſtomack as daylie it is, whoſe appetite

it

it ſharpeneth, or by the hæmorroides o
ſome other way, it procures melancho
hypochondriake, ſometimes the fever qu
tan, ſometimes other diſeaſes, for this
good, the barke of the roote of Tamari
and of capres with the foreſaid herbs.

The retention of the ſweate cauſes th
itch. ſcabbe, puſtuls, and ſuch like, there
fore it is to bee procured by friction
baines and exerciſe.

Of exerciſe.

Becauſe that frictions, and baines a
not much vſed, leaving them wee ſha
ſpeake a little of exerciſe.

Exerciſe ſhould be much regarded a
moderatlie vſed, by thoſe who hath
care of their health, this Galen. teſtifie
in his booke of good and evill meate
theſe words, For the keeping of hea
a continuall reſt is a great hinder: as
the contrare, moderate motion is a gre
helpe. By exerciſe the members of th
body are hardned, and ſo made fitte
ſuſtaine any labour, the naturall heate
quickned, and ſo prompter for his fu
ctions, and the body is made more ag
and nimble in his actions. Heere by e
erciſe I vnderſtand honeſt games and
ſtime

ſtimes, not theſe deboſht loſe-tymes, cards, dyce, tables, and ſuch like fathers, and ſofterers of jarres and miſchiefe, bookes furniſhing lyes, oathes, blaſphemie, hurtſome to the health of the body, troubleſome to the good of the eſtate, and hinderance to the reſt and peace of the ſoule: I leaue ſuch devyces of Sathan entyſing to ſinne to bee thought or treated of by ragged ribaulds, and lowſie licentious limmers, the fitteſt pen-men of ſuch a proceſſe, diſcharging by the right of a phyſitian, and the charity of a Chriſtian, all generous honeſt ſpirits, who tends the health of their body, the wealth of their eſtate; and æternall wellfare of their ſoule of ſuch hel-bred conceats.

The tyme moſt proper for theſe honeſt exerciſes is the morning, when the ſtomack hath made an end of his digeſtion, and the belly of his expulſion, ſo that both bee lightned of their burthen. Hence we may ſee how our dayly cuſtome of exerciſing after meate is not good: firſt, when by this our motion the digeſtion is hindred by a catching of our meate to and fro, as the Plough-man doth with his kaill in his coge, when hee would haue them

them faine cooled, this catching ſuffereth it not to ſettle it ſelfe in the ground of the ſtomack, the place of digeſtion: ſecondly, becauſe the body by exerciſe being made hote, draweth from the ſtomack and the lever by the meanes of this heate, the meate before it bee well prepared, which breeds obſtructions in the veines within and ſcabbes without, our ſcabbed ſchollers, that keepeth no fit tyme, nor juſt terme of their paſtimes, may ſuffice to inſtance this alleagance.

The terme or end of exerciſing, ſhould bee when the face becommeth red and ſwelled, and the ſweate iſſues foorth through the whole body, leaving it before reddneſſe, turne to paleneſſe, and ſwelling to ſwampneſſe, and ſweate to be like weet: otherwiſe in ſtead to bee refreſhed yee ſhall be wearyed, and for diſſipating of the humores by the pores of the body, yee ſhall diſſolue the ſpirits by the paſſages of the ſame. Some exerciſes imploy ſome particular members of the body, as the Tayler his hands and head, the Webſter his legges and armes, the Tobacco man his mouth and noſe, the Beggar the nailes of his thumbes, and tongue, Coupers,

pers, Trumpeters, and Pipers, their heekes, hands, and mouth: the moſt irie and wicked ſcolds their tongue, and the icentious whoores their taile: theſe I paſſe by, not having many particular exerciſes o treate of vſed amongſt vs worthie of conſideration, or ſpeciall delineation, and very few vniverſall, except the foote-ball, which often doth more good to the Chirurgians, than evill to the Phyſitians by a-y helpe the body getteth: the gooffe and rcherie, from the which exerciſes they ome ofter hungrie than ſweating, and the innice or ketch the beſt of all, if it bee oderately and orderly vſed.

In all exerciſes whereby men ſweates, except theſe that are vnder the ſheetes) heſe things are to bee remarked: firſt, hat in your gaming your mynde be free f all feare, the gadges being little or none, therwiſe the minde ſhall bee in a conſinuall vexation, and neither body nor mind hall receaue any recreation: Secondly, if n tyme of game you thirſt, let your drink ee ſmall aile, taken in a little quantie, not water, for it by the open paſſaes going ſtreight to the liver, will coole too much, on the which inſueth often

hydropſie

hydropsie, nor wyne, for by it the lyver already heate is set on a fire, on the which followeth frequently a fever: Thirdly, after your exercise haue a care to cause rubbe away the sweate in a warme chamber with dry warme linnings see that the body rubbed bee straight, least the wrinkels of the skinne doe hinder the issuing of the sweate, see the rubbers bee many and nimble, and that they rubbe not over hard, for this doth stoppe the passages, nor too soft, for it goeth not halfe farre in, but a mediocritie in all things is good.

The excrements of the heade in the morning ought to bee purged by sternutatories or sneezings of betonie, leafes, or marjoline leaues, and by masticatores chawed, which because they are litle in vse, I will passe over them, and speake of that which supplyeth their place which is Tobacco.

Of Tobacco.

Tobacco is an hearbe fetcht from the West Indies to vs, some calleth it Nicotiana, from Master *Iohn Nicote*, that brought it first to *France* out of *Portugall*, hee beeing Ambassadour for the time there. The *Portugalles* brought it first in *Europe*, out of the Iland *Trinada*, and

from

om *Peru* in the continent of *America*, ome tearme it petoun or tobacco.

Tobacco is of a temper hotte and dry, s appeareth firſt from the effects thereof, s to purge cold and moiſt humours, as legme, or pituite: hence it is that it doth arme to fyrie hotte bilious perſons, exept it bee taken in little quantitie, and hat for the cleanſing of the head from heſe cold ſuperfluous humours, which a old ſtomacke hath ſent to it; commonly theſe men haue cold ſtomacks, hot ivers, and weake heads, (for theſe three eadily follow one another:) ſo the cold tomack filleth the head with colde vaours, and the mouth with cold humors s doe appeare by their continuall ſpitting. It hurteth alſo melancholiens (if it bee ot for the foreſaid reaſons) by drying of heir body too much, but aggrieth beſt vith the pituous flegmatick, as dayly exerience doth approve. Secondly, from he byting qualitie that is in it, by the vhich it moveth vomite. Thirdly, from he purging facultie downward. Fourthy, from the penetrative ſubtile facultie utward, as appeareth by the iſſuing of weate, after the vſe of it in ſome. Fifth-

ly,

ly, from the thirſt and drouth it moveth, which is taken away by the vſe of drink. Sixthly, from the wind it dryveth forth and that both vpward and downeward.

Laſtly, from the giddineſſe of the head, which proceedeth from a melting of the flegme through the head, which beeing melted, it ſtoppeth the paſſages of the ſpirits: ſo the ſtronger the Tobacco bee, the ſooner it melteth it and more of it, and therefore ſtrong Tobacco moveth this giddineſſe moſt and ſooneſt: this giddineſſe is ſtopped by a drink of ale, or any cooling drinke, which ſendeth vp groſſe thicke vapours, the which doe hinder the further operation of it: and condenſeth or congealeth the flegme melted by it.

This giddineſſe of the head is a reaſon that ſome alledge to prove the coldneſſe of it, which might bee alledged aſwell of of wine or ſtrong drinke, that doeth no leſſe procure the ſame diſſineſſe of the head but they will haue it to proceede from a narcotick, or ſtupefactive qualitie in it, as the chesbow, and ſuchlike cold things by their coldneſſe doe produce ſuch effectes. I wonder how dare they that ſaye ſo, bee bold to vſe it, ſeeing it is of ſuch

ſtupe-

ſtupefactive cold, and doe not rather ab-
ſtaine from it, and hinder others alſo, but
I thinke they doe jeaſt, for if it were true
hat it were ſo as they ſaye, ſome had
lyed by it long agoe, ſpecially after ſo
reat taking of it: I knew two Gentle-
nen that after ſupper tooke foure-ſcore
ipes, if it had beene narcotick, they had
ever drunken any more. The fitteſt
yme of yeere for taking it, is, firſt, the
Winter: next the Harveſt: laſt the Spring:
nd no wayes in Summer. The moſte
roper time of the daye is the morning
nd evening before meate, no wayes af-
er it, except it bee they to whome of
ong it hath proved helpfull for the ex-
elling of the winde, and digeſtion of
heir meate.

The ſeaſons wherewith it aggrieth beſt
re the colde and moiſtie: theſe circum-
ſtances remarked taken in a reaſonable
quantitie, that is, a pipe for two: I think
t ſhall doe no harme, yea, rather freeing
he head of the great burthen of flegme:
t preveneeth the diſeaſes that may flow
rom the aboundance of it: ſuch as apo-
lexie, epilepſie, paralyſie, lethargie and
thers, but mee thinks the Tobacco man

barking as a dogge at the Moone, at the
courious obſervations and idle reſtriction
of tobacco, (for ſo hee tearmes them)
and crying that all men at all time when
their appetite inordinate biddeth them
and their purſe ſerveth them may take
it, and it is no wonder hee ſo doe, for it
is meate, drink and cloathes to him: his
Shop is the randevouſe of ſpitting, where
men dialogue with their noſes, and their
communications are ſmoake: in it hee play-
eth the Ape in counterfaiting the honeſt
Merchant man with his diverſe rolles of
Tobacco, new come vp out of the cel-
lar, where they laye well wrapped in
dogges skinne and ſouſſed: hee knoweth
himſelf how, and yet ſweareth that they are
new landed from *Verinus*, *Virginia*, or
Chriſtophers. If hee bee not content with
this, hee ſhall haue more when I come
againe, as hee well deſerveth: for his
wares are both deare and evill; deare
while hee taketh a pennie for a pipe, and
his *Welcome Gentlemen*: and evill, for he
feedeth his gueſts neither on roſted, nor
ſodden meate; but on white, or blacke
burnt meate, without drinke, grace, ta-
ble, plate, truncheour, or ſerviture, yea

ſcarce

aree a ſtoole to ſitte on, and is not this brave Innes my Maſters?

The excrements of the lights are groſſe gmes, which are expelled by the mouth er the vſe of ſome inciſive and deter- ve things, as are ſugar candy, glycyrize, yſope, tuſſilage, and their ſyrupes pre- ared.

There bee ſome excrements which are tearmed, when they abound and ſo armes rather by their quantitie, then eir qualitie, there are ſemen, and ſanguis enſtruus, that is, mans ſeed, and womans owres. Either of the which being cor- upted, breedeth diuers diſeaſes: means herefore ought to be vſed by the which ey may bee expelled.

The means for expelling of the ſeede, that naturall conjunction of man and oman, whereby the members are made ore agile, the ſpirit more joyous, (*licet ulgo dici ſoleat omne animal poſt coitum triſte: ſed hoc ſtatum à coitu fit*) ſhagring and holler is baniſhed from betuixt man and ife: peace is made in the houſe, and fil- hie polluted dreames, in the night are revened, but who may not lawfullie en- y theſe middes, let them hold downe

nature by the vſe of others, ſuch as are phlebotomy, faſting ſobriety, and the vſe of cooling meates.

Womans flowers are moved by the decoction of hyſope, Mugwort, Marjoline, and other aperitiue herbs prepared in white wine, with the vſe of ſtoues, and frequent frictions of the thighes.

Exerciſe being ended, and the body thereafter having repoſed about the eleventh houre, or ſooner in the ſummer, when as the appetite doth require, let it bee anſwered by meate, which becauſe it is of greater importance than any of the reſt of the circumſtances, and moe inconveniences doe follow vpon the inordinate or immoderate vſe of it, *plures enim occidit gula quam gladius*, wee ſhall inſiſt a little in it, firſt in generall, and next in particulare.

Of meats in generall.

As good meate engendereth good blood, ſo evill produceth vitious humors, which cauſeth diſeaſes.

Let vs therefore make choiſe of the meate, of good ſubſtance, of eaſie digeſtion, and that hath no abundance of excrements.

The qualities of meate are knowne by their temperament, or by their consistance: meates should not bee neither over hotte or colde, over drye or moist by nature, nor over fatte nor leane, but keeping the middes.

Grosse and viscuous meate causeth obstruction (to these that haue narrow passages) in the liver, mist, neares, and stoppeth the pores of the whole body by a grosse blood, but these who are of a good constitution, and hath the passages larger may vse of them boldly without hurte, for grosse and viscuous meate nourisheth much, if it bee well digested in the stomack, it agreeth well with labourers whose naturall heate is stirred vp by their exercise, as also these who haue suffered long hunger.

Light meate and of subtile substance are not meete to leane people, and of a hote complexion, because being quickly digested, they intertaine not the body halfe well, but they are fitting for growne, and grosse bodyes, whose passages through the body being straite, are not well aired, also for flegmaticks, and for these who are of a weake stomack.

The

The reparation of the body ought t
be according to the diſſipation of the ſam
wherefore they who are of hote complex
on, and worketh much, muſt eate mor
than cold diſpoſitions and idle bellyes, wh
ſoever by over-charging of the ſtomac
giues their naturall heate much to do
(which is the inſtrument of nature fo
nouriſhing the bodie) they præcipita
themſelues willingly in many diſeaſes
wherefore every one ſhould riſe from th
table with appetite.

All varietie of diſhes is noyſome to th
ſtomack, becauſe that by variety, corruptio
of meate in the ſtomack is procured, whi
as eaſie digeſtable meats are mixed wit
difficile, alſo men by varietie, which gi
veth contentment to the taſt, are indu
ced to ſurfet: but this ſeemeth vnſavor
to the taſt, and vnpleaſant to the eare o
theſe ſpycie jacks, who haue no vſe a
the day over for ten fingers but to fil
ſixe puddings, (and yet a poore wife will
fill ſixe ſcore in an houre) whoſe belly
is become like the Britones, who becauſe
of his wives inſolencie, (that would needs
mount her tyme about) and of his owne
big belly did apprehend he was with child

I would have ſuch greaſie barrells for their healths ſake to take a quarter of an houres courſe betweene the Caſtle-hill and Arthurs ſeate twiſe in the morning, comming thereafter (if they bee hungrie) to their dinner made vp of an halfe pennie loafe, two egges, and a cuppe of ſmall Beere: and after meate, for digeſtions cauſe returning to their walke; going to bedde without ſupper: if this pyning of the panch doeth not make them light, I will haue no money for my medicinall receipt. Let theſe whoſe God is their bellie, and guide is their taſte (for they inquire ſtill to *Iohn* Good-Ales houſe) and who are no leſſe noſe-wiſe than a browſters Sowe, in ſmelling a diſh of goode meate a farre off. Diminiſh both of the quantitie, and qualitie of their diſhes, and imparte of the ſuperplus to their needy brother, who is come of *Adam* according to the fleſh, aſwell as they, and may bee of *ABRAHAM* according to grace, Chriſtians by profeſſion, and who knoweth but Sanctes by election. Did the Maſter preferre thee over his houſe, and goods for the ſatisfying of thine inordinarie appetite, and thy childrens only?

or

or to giue the bread of the children to dogges or horſe, as our great men doe, rather than to the poore: and ſhall not thou expect: yea, when the Maſter commeth, get the reward of the vnjuſt ſteward, amend, or looke for it.

The ſupper muſt bee longer than the dinner, (if the body bee not ſubject to diſtillations) becauſe the tyme is longer betweene ſupper and dinner, than betweene dinner and ſupper: meate ſhould bee well chawed, or if it bee lett over, for evill chawed meate troubleth the ſtomack, hence it is, that they who hath many teeth live long, becauſe they chaw well their meate: light, liquide, and meate eaſie of digeſtion, ſhould be taken before groſſe meate, and hard of digeſtion, nevertheleſſe when the ſtomack is louſe and verie hungrie, you may doe the contrarie.

It is expedient that every one ſhould keepe a certaine houre for taking of meate, and this houre ſhould bee when the ſtomack requires refreſhment, the former ingeſtion being digeſted, and the ſtomack emptie: this rule is evill keeped by our morning drinke, (which ſometime makes dranke, and ſo not fitte for dinner) our

foure

ſoure houres pennie, (that often buyeth a pynt of wyne-ſeck, I had it never ſo cheape) our collation after ſupper made in a three pynt tubbe, (I can not call it a diſh) of wyne, milk, ſuggar, and ſome ſpyces, I would content mee with it all the day long.

This much in generall, followeth in particulare to ſpeake of meate, and firſt of bread.

Of Bread.

Bread keepeth the firſt ranke amongſt all other meate, as the ground of others, for all other meate (though never ſo good) are without it vnpleaſant, yea vnwholſome.

The beſt bread is that which is made of wheate, good wheate is groſſe, full, thick, weightie, firme, of collour yallow, cleane, and that hath great quantitie of flower.

Bread made of pure flower, well boulted, nouriſheth much in litle quantitie, but it is of ſlow digeſtion.

Bread made of the bran or clattes nouriſheth little, and filleth the body with excrements, and becauſe the bran hath an deterſile facultie, it goeth quickly throgh.

Bread made of both nouriſheth well, and keepeth an open belly.

Ry bread is black, heavie, engendring melancholious blood, more proper for rusticks than burgesses.

Barley bread is very dry, of little nourishment, and louseth the belly: beare meale is better mixed with ry meale, that the viscuositie of the one may be corrected by the brtitleneſſe of the other.

As for oate bread it is more vſed amongſt vs than the goodneſſe of it doth require.

Bread vnleavened nourisheth much, but it engendereth groſſe blood, it is of an evill digeſtion, breedeth obſtructions, and louseth the belly.

Evill wrought bread is viſcuous, of evill digeſtion, as alſo that which is made of grumly or troubled watter, when it hath not gotten eneugh of the fire, it is heavy and of hard digeſtion, that which is hardned in the oven is better than that which is hardned on the aſhes.

Hote bread by reaſon of the viſcoſitie is hard to digeſt. procureth an inflation in the ſtomack, obſtruction in liver, and other parts within the body.

Old bread of three or foure dayes loſeth all the taſte, becommeth dry and withered, evill to digeſt, of ſlow paſſage, bindeth

deth the belly, and engendreth a melancholious blood.

The cruſt of bread breeds bile, fit only for theſe whoſe ſtomack is moiſt and humid: Tairtes, flammes, pyes; and all other ſort of baken meate, are more to the ſatisfying of the taſt than for health of the body, for they are heavie in the ſtomack, and burdeneth it, and ſtoppeth eaſily the paſſages of the veines in the liver.

Of Fleſh.

Beaſts according to the varietie of their kynd, age, manner of living, conſtitution of body, and of the place where they feade, are different in the temperature and vertue of their fleſh.

The fleſh of fatte beaſts is better than that of leane, and of libbed than vnlibbed, becauſe they are fatter, and not ſo hote, except it bee for theſe who hath beene in the battell where the vppermoſt gote the worſt, where ſtricking at their nighbour with over great force, and too good will, hath hurt themſelues with their owne ſpeare, for ſuch ſome ſay, that a kynd of vnlibbed beaſtes are good: yea, the ſtones themſelues.

The fleſh of young beaſts, becauſe tender,

der, moiſt, ſoft and eaſie to digeſt, and of great nouriſhment, is better than that of old beaſtes, which is dry, hard, of litle meate, and hard to digeſt.

The wild beaſtes that keepe the hilles are dry, and haue fewer excrements, and leanner then others: Galen. preferreth the fleſh of porks, of a midde age to other beaſts, becauſe it draweth neere to mans fleſh than others doe, and alſo becauſe it nouriſheth well, and breedeth good blood, but becauſe it is viſcuous, it is hard to digeſt to theſe that hath the ſtomack moiſt, and humide: Moreover, as experience hath taught, the great vſe of this fleſh cauſeth leproſie: hence it was forbidden to the Iewes, becauſe they were ſubject to this maladie.

Beeſe nouiſheth much, but it engendereth a groſſe melancholick blood: young beefe is better than old: Harts fleſh is of a difficile digeſtion, and as the beeſe ingendereth groſſe blood.

The goates fleſh is better than the bucks and the kiddes than the goates.

Lambs fleſh is better than Yewes, and Wedders than Lambs, becauſe as nouriſhing, and not ſo humide and ſlubbrye,

the

the Rammes is the worſt of all.

Old haires fleſh cauſeth melancholious blood: young haires is better and more pleaſant: the Coney is better than either of them.

Of Fowles.

Amongſt the Fowles that are about the houſe, the Hen and Capons keepeth the firſt rank, they engender a blood of a mediocre ſubſtance, becauſe they are neither too hote nor too cold: Chickins are more delicate than they.

The Briſſell-ſowles are heavy and hard to digeſt, wherefore in *France* they are both larded and ſpyced.

The Gouſe aboundeth in ſuperfluous excrements, is of harder digeſtion than other ſowles, except the wings.

The Duckes, and all other water ſoules is humide, viſcuous, flegmatick, excrementitious, and of a dure digeſtion, wherefore they are not ſo wholeſome, as theſe of the land. Amongſt the birds of the field the Partridge beares the bell, being of eaſie digeſtion, and cauſing good blood, and the younger are better than the elder.

Next the Partridge is the pheſane almoſt of the ſame qualities that it is, the Quallies are not leſſe praiſed, except in

the

the countries where there is abundance of hellebore, whereon they commonly feade, they are beſt in harveſt.

The Doues are hote of nature, they ſet the blood on fire: and readily of *Venus* games moues a deſire, vnfitte for theſe who readily doe fall into a fever: The Pigeons are better than the doues, the doues are beſt in the ſpring, for they eate much corne. The Couſhins fleſh is hard to digeſt, yet it is not evill in the winter, if it bee ſuffered to hang a while, ſo that it may become tender.

The Turd or Cuzell is delicious ingendring good blood, but ſome thing hard to digeſt: *Martiall* extolleth it highly in theſe wordes,

Inter aves Turdus ſi quis me judice certet,
Inter quadrupedes gloria prima lepus.

Pluvers, mearls, turturelles, are not to bee rejected, for the former laudable qualities, which are to bee found in them.

Of Egges and Milke.

The egges of hennes and phaſanes excels the egges of other beaſts, gouſe egges are worſt of all, except ſwynes egges.

New laide are better than old, and ſodden than fryed, and roſted than ſodden,

and

and potched than roſted, the ſoft than the hard.

Milke hath three diverſe ſubſtances, a ſerious or watrie, whereof is the whey a thicke and groſſe whereof is the cheeſe, and a fatte and creamie, whereof is the butter: but of our *Edinburgh* milke where the two parte is water, and the third part milke, there would bee little cheeſe and no butter.

Milke if the ſtomack bee cleane the body whole, and no other meate mixed with it, nouriſheth much, otherwayes it corrupteth eaſily and quickly.

Yew milke hath more of the groſſe & thicke ſubſtance, whereof the cheeſe is made, then of the other, and by this means it is nouriſhing, but heavie to the ſtomack. Aſſes milke is of contrare conſiſtance, kyne milke is thicker and fatter then yew milke, and ſo fitter to make butter, it is nouriſhing and makes an open bellie.

Goate milke is neither too thicke nor too thinne, neither over fatte nor over leane, and ſo it keepeth the middle betuixt extremities, nevertheleſſe it ſhould not bee vſed, either without ſuggar or hony, water

water or ſalt leaſt it lapper in the ſtomack.

Womens milke is fitteſt for bairnes or hectickes, becauſe of the reſemblance of nature.

New milked milke is beſt, becauſe milk changeth quickly.

Sodden milke nouriſheth more than raw, but it is binding becauſe thicker.

Milke of fatte and luſtie beaſts is better than of leane and hungred.

Freſh butter is a little hote, with time it becommeth hotter, it is not verie nouriſhing, but it ſofteneth and louſeth the bellie, it is good for the lights and breaſt.

Cheeſe is not to bee much vſed, for it ingendereth groſſe humors, breedeth obſtructions, binds the bellie, and is hard to digeſt, the new is better then the old, the ſoft then the hard, and that which is made of vnrained milke is better than of rained.

Over viſcous cheeſe, as alſo over brittle, is not good, mediocritie is beſt, cheeſe without any evill or ſtrong taſte is better than other.

Newe, ſofte, and ſweete cheeſe, is of a colde and humide temper, but the old, hard, ſalt cheeſe, is hote and dry, too great

great vſe of it ingenders the ſtone in the neares.

This curious ſifting of the nature of cheeſe, and improbation of the great vſe of it, will ſeeme firſt ridiculous and then odious to the mouriſh men of *Kyle* and *Galloway*, the quinteſſence of whoſe meat (that is milke) is cheeſe, the which the goodman hath keeped for his owne mouth as a deſert, (being nevertheleſſe at breakfaſt, ſupper and dinner, the firſt, laſt, and only diſh) and for the Lairds, or the wyſe blacke men, the Miniſters, when they come abrode: the bairnes contented with froth, crap-whey, or lapperd milke, I thinke that if the bodies of theſe bodies, were chymicallie diſſolved: the princips to wit: ſal. ſulphur. and mercurius, ſhould ſavour of cheeſe, milke, and yet they are as daft as if they were made of *Wine* and *Waſtels*, which they often ſpeake of, as the rareſt dainties they either ſaw or hard of.

Of Fiſh.

Fiſh are of complexion cold and humide, for being ſtill in the water they muſt needs keepe the nature of the water, the nouritute they giue is more light, ſlubbrie, and ſooner diſſipate, than the repa-

ration, which is made by the vſe of the beaſts of the land. The fiſh that are of a ſolide and firme ſubſtance are moſt nouriſhing and wholeſome, becauſe leſſe flegmatick, for this cauſe ſea-fiſh becauſe firmer are better than freſh-water-fiſh, amongſt the fiſhes of the ſea, theſe that vſeth about rockes are beſt.

Amongſt the freſh water fiſhes theſe that haunt the rivers are better than theſe that haunt the ſtancks or loches: and fiſh of a running river, and craggie, with cleare water, is to bee preferred to them that are taken in a dead running poole, or in a troubled muddie water.

Fiſh as milk would bee eaten, when the ſtomack is cleane of filthie humours, and they would not bee mixed with other meate, leaſt they corrupt, as quickly they will.

The drowners of meale with malt, to whom the bone of a herring, or a threed of ſalt beefe will ſerue to bee kitchin to a quarte of ale, ſayes, that fiſh ſhould ſwimme, I anſwere, in water: but if thou take more of aile, beere, or wyne, or any other ſtrong drink then ſerues to waſh it downe, it will come aboue the broth

and

and ſo not boile well.

I will not inſiſt in the particulare enumeration, leaſt it ſhould reduce the Lector to a tedious calculation: the generalls may ſuffice, if they be well remarked: It may be thought a præpoſterous order this, to put the fleſh before the kaill, but heere I keepe *ordinem dignitatis, non methodum ſanitatis.* *Of herbs fit for eating.*

Herbes in regarde of other meate are of little nuriſhment, yet they ſerue ſome for cooling, others for heating, being prepared in broth, ſallads, ſauce, or other wayes.

Amongſt the herbs that are commonly vſed, the lactuce is the firſt, beeing of more wholeſome ſappe than all the reſt, it cooleth the body, procureth ſleepe, and hindereth dreames.

The garden Cicorie is of the ſame qualities, but it is not ſo pleaſant to the taſt, nor of ſuch good ſappe.

The Souroke is good for eating, becauſe of the ſowrneſſe, it quencheth thirſt, procureth appetite, and mitigateth the heate of the ſtomack and liver.

Purpie cooleth much, quencheth thirſt, holdeth downe *Venus*, tempereth the teeth, being out of ſtile, by the vſe of ſoure things.

Kaill ingendereth evill blood, troubleth the ſtomack, and the ſight, and moveth ſtrange dreames.

Spinards ſouſeth the belly, and moiſteth the body, but they are windie.

Bourrage and bugloſſe purifieth the blood and keepeth the belly open, their flowrs are good in a ſallad, for to refreſh the ſpirits, and rejoyce the heart.

Artichocks heateth the blood, and provoketh *Venus* to battell, they are good for the ſtomack, and giveth appetite.

Creſſon is of qualitie hote and dry, provoketh vrine, and is eaten ordinarly raw in ſallads. Menth fortifieth the ſtomack, and helpeth the appetite.

Cereſole and Finkle is good for the ſight, augmenteth the ſeede, and ingendereth milk to Nurſes. Parſley is agreeable to the ſtomack, and profitable to the neares, becauſe it is diuretick. Sauge helpeth appetite, and digeſteth crudities out of the ſtomack. Hyſope purgeth the lights from the flegme, by the ſubtilitie of it: thyme doth the ſame. Rayſords taken after meate helpeth digeſtion, but before meate they lift vp the meate in the ſtomack.

Neeps are windie, of little nuriſhment,

and

nd engendreth wormes in little bairnes, ittle, are better than the great, they ſhould ee eaten with pepper. Carrets, are worſe han they, Sybouſe, Onyons, Leeks are greable to pituitous and flegmatick per-ons, but noyſome to cholerians, and to heſe who are ſubject to a ſore head.

But I think wee haue eaten long enengh without a drink, let vs now goe to it.

Of drinke in generall.

Drink, as I think (and ſo thinks tha drunkard) is no leſſe worthie of conſide-ration for the health than meate. There bee ſundrie ſorts of drinke vſed among vs. as wine, ale, and beere, for no man drin-keth water with his will.

Drinke ſhould bee anſwerable in pro-portion to our meate, for if wee drinke more than ſerves to ſyne downe the meat, and mixe it there downe, the meat will ſwimme aboue, and ſo ſhall not digeſt: drink may bee taken more larglie with dry ſolide meat, than with liquid humide.

They who haue a hote liver, and a weake head, ſubject to diſtillations ſhould abſtaine from ſtrong drinke, chiefly after their meat, but theſe whoſe liver is tem-perate, and head ſtrong may take a lick

of

of the beſt, *quale Deus creavit*, after their fruite, *quia poſt crudum merum*.

It is not good to drink with a naked ſtomack, for preſently it runneth through the body to the nerues, whom it debilitateth, and maketh the body the more ſubject to cold diſeaſes, as the goute, paralyſe, trembling, and ſuch like: It is alſo troubleſome to the digeſtion to drinke betweene mealles, for it hindereth the ſame, as water in a pot, ſtayeth the boyling of it: becauſe while the concoction is making in the ſtomack, the mouth of it is cloſed: hence is it that men much ſubject to companionry, and ſo to extraordinary drinking, findeth their meate ſtill rowing vp and downe, ſome for their eaſe are forced to caſt it: It is not good to drink when bed-time draweth neere, for readily it moveth the rheume to fall downe, except it were of water after too much wine, eat at ſupper, or before, and that to hinder diſtillations. It followeth to ſpeake in particulare of drink, and firſt of wine, as beſt.

Of Wine.

Wine is verie profitable for the vſe of man, it ſtirreth vp the naturall heate and fortifyeth it, and ſo procureth the appetite, helpeth

helpeth the digeſtion, ingenders good blood, purifies the troubled, openeth the paſſages, giues good colour, cleanſeth the braine, ſharpeneth the witte, makes the ſpirits ſubtile, and rejoyceth the heart of man, as ſayeth the Pſalmiſt, if ſo be it be taken moderatly.

Wine is of fiue fold difference, the firſt is taken from the colour, ſo it is either whyte or red, yallow or tannie, and black: the ſecond from the taſte, as it is either ſweet, ſowre, or of any auſtere taſte: the third of the ſmell being of a ſweet, heavie, or no ſmell: the fourth from the conſiſtance, being either ſubtile or groſſe: the fifth, from the age, as it is old or new: Of all wine the red and thicke wine is meeteſt for the ingendring of blood; next blackiſh, groſſe, and ſweet wine, to them ſucceeds whyte and thick, or groſſe wine in ſubſtance and auſtere in taſte, laſt of all whyte thin ſmall wine: Wine as it is agreeable to phlegmaticks, ſo it is hurtfull to bilious hote natures, over old, and too new wine ſhould be eſhewed, the one becauſe too hote, the other becauſe no heate at all.

The ſecond drink is beere, which as it nouriſheth more, ſo is of a groſſer ſubſtance and

and harder digeſtion, than the wine, if it bee but new made or troubled, it cauſeth obſtructions, and ſwellings, it troubleth the head, moveth the colick, gravell, and difficultie of piſſing, ſpecially if it bee byting, if it bee too old and very ſharpe it hurts the ſtomack, and nerves, and ingenders evill blood, wherefore it is beſt that is well ſodden, purified, and cleare and of a middle age.

Of Water.

Although that water bee the moſt ſimple ſorte of drink, and the moſt common, yet becauſe of leaſt worth it is put behinde.

Galen. proues good water by three ſenſes, by the ſight, being cleare and cleane, by the mouth, that hath no ſtrange taſte, and ſo not bitter nor ſowre nor ſalt, but almoſt without taſte, & by the noſe that it hath no ſmell, adding thereto that it muſt be light in the bellie, ſuddainly changed, that is, ſoone hote ſoone cold, and that it doth not paſſe through ſulphureous mynes or ſuchlyke.

There bee fiue ſorts of water, to wit of raine, fountaine, river, well, and ſtank.

Raine water although according to the

weight it bee lighteſt, yet it is not the beſt, being made of the vapours which doeth proceed from the earth, whereof ſome be of the rivers, others of loches, ſtanks, gutters, ſtanding waters, and of the ſea, as alſo of the exhalations of peſtilent places and of dead bodies.

Fountaine water is beſt of all, next river water, laſt Well water, the worſt of all, is ſtank water, river water is the better it ſtand till it ſettle, fountaine water the better it looke to the Eaſt, and Well water that the Well bee not too often covered, but that it get the aire ſometimes.

Canon. 6.

After meate abſtaine from all vehement motion or exerciſe, all curious diſputs or carefull meditations, diſcourſing of ſome good purpoſe, procuring laughter, joy, and mirth, whereby the ſpirit may be revived, and the digeſtion helped. If the great men of the country knew what good theſe ſort of diſcourſes did for the health of the body, and the recreating of the ſpirit, they would with greater avidity drink in, in their young and tender years letters, for the better faſhioning of their manners

and forming of their minde. And also cary a greater respect to Schollers then they doe: and not studie only to be well versed in *Arcadia*, for the intertaining of Ladies, or in the *rowting* of the tolbuith, for commoning with Lawers. So that they esteeme more of a Page of the one, or a pok-bearer of the other, then of any Sholer whatsoever, except my Lord *Bishop*, or Mr. *Parson*: this frowning of our Greats hath moved many poore soules flee first to *Dowy*, and then to *Rome*, and from thence post to hell: having receaued the *marke of the beast* that is a bull of his holynesse to passe *Scot-free* at Purgatorie, not being able to procure the favourable presence, or gratious assistance of any noble for his furtherance in studyes and advancement in degrees, in the countrie wherein hee was borne.

O what a shame it is to see a great Man without Letters! Hee is like a faire house without plenishing, a goodlie ship without furnishing to persue or defend: a Herauldry without honour, beeing lesse reall than his title. His vertue is, that hee was his fathers sonne, and all the expectation of him, is to get an other. No man

man is kept in ignorarance more, both of himselfe and men, for hee heareth nothing but flatterie, and vnderstandeth nothing but folly; thus hee liveth till his Tombe bee made ready, and then is a graue statue to posteritie. Thus it is expedient to passe two or three houres after dinner, for the well both of the bodie and minde: that you may know this the better and so belieue it the rather: Consider with mee alittle the passions of the minde, such as joye, sadnesse, choler, and feare.

Of the Passions of the minde.

Although wee bee often deceived in the decerning of good and evill, following ofter the applause of the sense, than the judgment of reason, nevertheless wee seeke alwayes that which wee thinke be good, and fleeth that which we apprehend to bee evill. Hence it is, that wee are moved by diverse passions vnruled, according to the apprehension of good, or evill, either present or absent; the which passions according to the consideration of the object either enlargeth or draweth in the heart, in the moving thereof, they moue also the spirits and naturall heate,

so

ſo that the colour of the face is ſuddainly changed.

From the opinion of preſent good ariſeth joye, and of the good to come, deſire, vnto the which choler doth adjoyne the ſelfe, which is a deſire of revenge, from the apprehenſion of preſent evill commeth ſadneſſe, and of the evill future, feare.

Ioy comes of the heart inlarging the ſelfe ſweetly, for to imbrace the object that is agreable to it, in the which dilatation, it ſendeth foorth aboundance of the naturall heate with the blood, and the ſpirits, a great portion whereof comes to the face when one laugheth, by the which the face ſwels vp, in ſuch ſort, that the brow becomes tight and cleare, the eyes bright, the cheecks red. An other part is ſent through the members of the body.

Cupiditie or deſire, and choler, doeth dilate or inlarge the heart alſo, that, through the deſire of the thing it loueth, this, for to ſend quickly, the ſpirits with the blood from the centre of the body within, to the habite of the ſame without: for the fortifying of the members that they may reveng the wrong wee haue received.

Sadneſſe

Sadneſſe, greiſe, or melancholy, in the contrare doth in ſuch ſort, ſhoote vp or draw together the heart, that it fadeth and faileth: This hindreth the great generation of the ſpirits, as alſo the diſtribution of theſe few, that are ingendred, whereby the vitall facultie is weakened and alſo the reſt of the whole bodie ſhirps.

Feare cauſeth retire on a ſuddaintie the ſpirits to the heart from the reſt of the bodie, hence the face becommeth pale, the extremities grow colde with a trembling through all, the voyce is ſtopped, the heart leapeth as it were,& that by reaſon of the great multitude of the blood and ſpirits, whereby it is almoſt ſmothered, ſo that it cannot move freelie.

Amongſt all the paſſions of the mind Joy is the moſt wholeſome, becauſe it giveth ſuch contentment to the ſpirit, that the body is participant by a ſimpathy.

The reaſonable paſſions are called affections, but the ſenſuall are termed perturbations: the paſſions ought to bee moderated, for *Plato* writeth in his dialogue, called *Carmides*, that the moſt dangerous diſeaſes proceede from the perturbation of the ſpirit, becauſe the mynde having

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an abſolute authority over the body, doth moue, change, and alter it in a moment, as it pleaſeth.

Wee ſhould then affection the obiects in ſo far as reaſon will permite: for exceſſible joyes doe ſo diſperſe the blood, with the ſpirits through the whole body, from the centre to the extremities, that the heart is wholly deſtitute of his naturall heate, from whence commeth firſt a ſounding, and by and by death, of exceſſible joy, the Poete *Phillippides*, the wiſe *Chilon*, *Diàgoras of Rhode* ſuddenly dyed: And ſuddaine feare chaſſing the blood and ſpirites to the heart their fortreſſe, frequently cauſeth death, by the ſuffocation of the naturall heate.

Canon 8.

About the ſixt houre the ſtomack requiring, returne to meate, let your ſupper conſiſt rather of roſt meate than ſodden, becauſe it nuriſheth more, in leſſe bounds, it is lighter, and hath fewer excrements: it ſhould neither be too ſore roſted, (for then it is ſapleſſe,) nor yet halfe roſted, for the ſuperfluous humiditie is not driven out by the force of the fire.

Heere I can not paſſe by a great vn-

clean-

cleanneſſe of Noble mens cooks, who after that they haue ſweeped the pot with the one end of their aprone, and the plat with the other, they draw off my Lords meate with the whole, dirtie as it is: and for to make place to a new ſpeet, placeth the ſame vnder the droppings of the vnroſted meate, interlarding their owne greaſe amongſt theſe droppings: and yet the cooke dare not bee reproued, for he in his kitchin is like the devill in hell, curſes is the very dialect of his calling, hee is never good Chriſtian vntill a hizzing pot of ale hath ſlaicked him, like water caſt on a fire-brand, and for that time hee is ſilent: his beſt facultie is at the dreſſer, where hee ſeemeth to haue great skill in military diſcipline, while hee placeth in the fore-front meates more ſtrong and hardy, and the more cold and cowardly in the reare, as quaking tarts, and quivering cuſtards, and ſuch milk-ſope diſhes, which eſcape many tymes the fury of encounter, and when the ſecond courſe is gone vp, downe hee goeth vnto the celler, where hee drinks and ſleeps till foure of the clocke in the after-noone, and then returneth againe to his regiment.

Canon 9.

After ſupper it is expedient to walke a little ſoftly, for the procuring of the diſcent of the meate to the ground of the ſtomack: this walke ought to be in pleaſant fields, free of all vnwholeſome vapor, which may procure vomite by the virulencie, or the filthineſſe of the ſmell: and ſeeing this after ſupper doth permitte mee to viſite the fields, and take the air, come foorth yee alſo who loue your health, and conſider the ſame with mee.

Of the Aire.

Such as the aire is ſuch are our ſpirits, our humours, our blood, and our members: for by, that it furniſheth matter and nouriture to our ſpirits, it paſſeth ſo quickly through the body, that it printeth preſently the qualities wherewith it is indued in the parts of the ſame, and therefore there is nothing able to change more ſhortly the body than it; ſo that from the conſtitution of the aire, the good or evill diſpoſition of the ſpirits, humors, and members almoſt doe depend, we ſhould therefore haue a ſpeciall reſpect of the ſame. For to vnderſtand the goodneſſe of the aire, wee would not only conſider the firſt

qualities of it, whereof two are actiue, to wit, heate and cold: and two paſſiue, humiditie, and dryneſſe; but alſo the ſecond qualities, taken from the ſubſtance, as groſſe, or ſubtile, pure or miſtie, cleare or dark; wee may adde to theſe the qualities that flow from the ſtate of it, as conſtancie, and mutabilitie, equalitie and inequalitie.

A good air then hath no exceſſe in the qualities, that is, neither too hote nor cold, moiſt nor dry: if it exceede this meaſure, it is better to decline to drouth than to wakneſſe, for drouth is ſtill more wholeſome than raine: It is alſo of a mediocre ſubſtance betweene groſſe and ſubtile, being pure and neate, cleare and light, conſtant and equall: ſuch an aire reuiues the ſpirits, purifieth the blood, procureth appetite, helpeth the digeſtion, baniſheth the excrements foorth of the body in good tyme, coloureth the face, reioyceth the heart, quickneth the ſenſes, ſharpneth the wit, and fortifieth the members, ſo that all the actions of the body animals, vitals, and naturals are made better by it.

A ſuddaine change in the aire is euill, but eſpecially if it changeth from great humiditie and wakneſſe, to great heate or

cold, for the raine having filled the body with humores, the following heate doth putrifie them, or the cold hindring their exhalation doth procure their corruption.

A contaminate aire with filthy exhalations, arysing from ſtanding waters, dead carcaſes, middings, gutters, cloſets, and the filth of the ſtreets, (all which if any where are to bee found heere, which argueth a great overſight of the magiſtrats, bringeth a great hurt to the inhabitants, and a great good to the Phyſitians, Apothecaries, and bel-man) corrupteth the ſpirits, and humors, and engendereth often a deadly contagion or peſt.

High places (as hilles) are fitteſt for the morning-walke, becauſe the ſun beating on them, firſt doth dry vp the vapours thereof; but low wallyes in midowes and about fountaines are moſt proper for the evening.

If Gallants! the health and well-fare of your body, and the care of the felicitie eternall of your ſoule doth not worke in thee a deteſt irreconcilable of drinking this tyme, which would be ſpent in wholeſome walkes, and holy conferences, let ſhame deterre you: For what I pray you is a

drunken

drunken man, hee is one that hath let goe himſelfe from the hold and ſtay of reaſon, and lyeth open to the mercie of all tentations, no luſt but finds him diſarmed, and fenceleſſe, and with the leaſt aſſault entereth, every man ſeeth him, as *Cham* ſaw his father, the firſt of this ſinne, an vncovered man: and though his garment bee on, yet hee is vncovered, the ſecreeteſt partes of his ſoule lying in the nakedeſt manner viſible, all his paſſions come out, all his vanities, and theſe ſhameſuller humours, which diſcretion clotheth, his body becommeth at laſt like a myrie way, where the ſpirits are clogged, and can not paſſe: hee is a blind man with eyes, and creeple with legges: Tobacco ſerues to aire him after a waſhing, and is his only breath: in a word, hee is a man to morrow-morning, but is now what yee will make him. And ſhould our gallants bee drunke? the chiefe burthen of whoſe braine is the carriage of their body, and ſetting of their face in a good frame, which they performe the better, becauſe they are not diſtracted with other meditations, whoſe outſide when yee haue ſeene, you haue looked through them, yet they are ſome-

thing more than the ſhape of a man, for they haue length, bredth, and colour, their pick-tooth beareth a great part of their diſcourſe, ſo doth their body; the vpper parts whereof are as ſtarcht as their linnen: they are never ſerious but with the Tayler, when they are in conſpiracie for the next device: they are furniſhed with jeſts, as ſome wanderer with ſermons, ſome three for all congregations, one eſpecially againſt the Scholler, whom theſe ignorant ruffians know by no other definition *but ſillie fellow in black*, they haue ſtayed in the world as cyphers to fill vp the number, and when they are gone, there lacketh none, and there is an end.

Canon 10.

When the ſtomack is lightned of the burden of meate about three or foure houres after ſupper, goe to reſt, and ſleepe: and becauſe a great part of our life is ſpended in ſleeping and lying, wee ſhall make a little digreſſion for its cauſe.

Of Sleepe.

Sleepe giveth reſt to the facultie animall, and vigour to the naturall: for when the ſpirits animales are diſſipate by labour, then ſleepe ſeaſeth on vs, throgh the meanes

of

of the naturall heate, which in the digeſtion of the meate, ſends vp vapours to the head, the which being condenſed, and turned in a groſſer ſubſtance by the coldneſſe of the braine, doth ſtoppe incontinent the paſſages of the ſpirits whereby the body is moved. Sleepe ought to be quyet, profound, and of moderate length: for ſleepe troubled with dreames, or ſo light, that little ſturre doth awake, or hinder it, is not good, long ſleepe is worſt of all, for it hindereth the evacuation of the excrements, gathereth abundance of ſuperfluities, maketh the head, and the whole body heavie and drowſie, the ſpirits dull, ſenſes ſtupide, and the members lazie.

Sleepe ſhould bee continued while the digeſtion bee abſolved, which in ſome is ſooner, in others latter: nevertheleſſe it is commonly ended in ſix, ſeven, or eight houres, when the digeſtion is perfite, then the belly doth the duetie, the water is golden coloured, the ſtomack is not bended with wind nor troubled with evill ſmelling rifts, the body is nimble and quicke.

Choleriks ſhould ſleepe more than phlegmaticks, that their body by ſleepe may be made moiſt: bairnes and old men, then

yonng

young men or of middle age, the one to hinder thee to faſt diſſipation of their fluxile and humide body, through the open pores, the other for the helping of his digeſtion: after great varietie, and much meate, ſleepe ſhould be longer than at other tymes, as alſo after heavie labour, and long travell. In your lying, the head, ſhoulders, and the vpper part of the body ſhould bee higher than the reſt, that the meate regorge not to the mouth of the ſtomack: It is not good to ly on the back, for by that poſture the neires are made too apte to the making of gravell or ſtones: the veine caue, and the great arterie, which doe leane on the loines, made warme, ſends vp many vapors to the head, and the excrements of the head, that ſhould bee evacuate by the noſe and the mouth falleth downe the back, it will doe no harme to ly ſometimes on the bellie, for helping the digeſtion, if the eyes bee not ſore or weake: The firſt ſleepe ſhould be on the right ſide, that your meate may goe downe to the ground of the ſtomack, that the liver, lying as it were vnder it, may ſerue for a chouffer to it, to helpe the concoction, then turne to the left ſide

that

that the vapors gathered in the ſtomack may exhale, and in end returne to the right ſide, that the digeſtion being made, the chile may bee the more eaſilie ſend to the liver, and ſo diſtribute through the whole bodie. The members, the time of ſleepe, ſhould not bee ſtraight, but ſome thing drawne in, for the reſt of all the muſcules conſiſts in a moderate contraction. It is not good to ſleepe with an emptie ſtomack, or after any heavie, or ſore worke for the bodie is thereby dryed, and becommeth leane.

And becauſe procreation is a thing moſt neceſſarie for the preſerving of mankynde, I cannot paſſe by heere, but I muſt ſpeake of it, ſeing things remarkable in it.

Of Generation.

Nature carefull of the owne conſervation, ſo it periſh not, hath given vnto everie creature for this end a certaine deſire of eternitie, the which not being able to bee attained to, in the perſon of ſingulare things, it doth obtaine it by propagation. Therefore the elements are preſerved by the mutuall change of one in an other: the mettalles by addition or oppoſition, the living creatures by generation

young men or of middle age, the one to hinder thee to fast dissipation of their fluxile and humide body, through the open pores, the other for the helping of his digestion: after great varietie, and much meate, sleepe should be longer than at other tymes, as also after heavie labour, and long travell. In your lying, the head, shoulders, and the vpper part of the body should bee higher than the rest, that the meate regorge not to the mouth of the stomack: It is not good to ly on the back, for by that posture the neires are made too apte to the making of gravell or stones: the veine caue, and the great arterie, which doe leane on the loines, made warme, sends vp many vapors to the head, and the excrements of the heard, that should bee evacuate by the nose and the mouth falleth downe the back, it will doe no harme to ly sometimes on the bellie, for helping the digestion, if the eyes bee not sore or weake: The first sleepe should be on the right side, that your meate may goe downe to the ground of the stomack, that the liver, lying as it were vnder it, may serue for a chouffer to it, to helpe the concoction, then turne to the left side

that

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tion: The generation of living creatures is by the ſeede of both male and female, vnited in the matrix of the female, foſtered and made fertile in ſome kynd, by the good diſpoſition of the ſame: ſo that for procreation there is required the ſeede of both, at one tyme ejaculat, or ſoone after: A matrix of a moderate temper, neither too hote, nor too cold; too moiſt, nor too dry: As alſo a convenient tyme of copulation, the which is, after the three concoctions are ended, and this tyme is about the latter end of the ſecond ſleepe, ſo that thereafter the body be refreſhed by a little ſlumber, and that for the reparation of the ſpirits diſſipate: The immoderate vſe of this naturall exerciſe doth weaken the body, and hinder all generation, and the inordinate doth procreate weake and vnable birth, by reaſon of the ſeede which is not eneugh fined, or elaborate: this appeareth clearely in the remarke of Burges, and Countrey-mens bairnes: the one, to wit, the burges being begotten in the fore-night, while the father his ſpirits was lifted vp, and moved to ſuch worke, by the vſe of ſtrong wine, ſpyceries, and other hote meate be-

being weakly? The other to wit, the Countrey-mans child being of a ſtrong conſtitution, while as the father wearyed by his dayly labour, doth delay his dallying till the morning, *Et vbi aliquamdiu indulſit Veneri, vxor ne ingrata videretur, ait Deus benedicat relliquijs.*

Now as the CREATOR *did finiſh his worke after mans creation, ſo heere I at mans generation, beſeeching thee, my Lord and my GOD, who made all things perfect in the beginning, and man the moſt perfect of all: caſting all vnder his feete, to teach him his perfection by creation, and his dignitie by high vocation, that hee may cary himſelfe conforme to the one, perfitly, ſhunning all baſe deboſhing of that divine impreſſion of the Majeſtie ſupreme, And for the other, thankefully in ſerving thee his Lord with all, Whereof thou made him Lord, and honouring thee in the ordinate taking, and moderate vſing of all theſe thy creatures,*

AMEN.

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AMEN.

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PARTICVLARE REGIMENT ACCORDING TO THE COMPLEXION, AGE, AND REASON.

NOT having thought it ſufficient for the preſerving of health, to haue ſpoken in generall, leaſt any thing ſhould ſeeme deficient, I haue particularized ſome generals diverſified according to the varietie of the temperature age and ſeaſon, and firſt of the temperature.

Of temperature or complexion in generall.

Complexion is a proportion of the firſt foure elementarie qualities, made fit for the naturall functions: the which is either temperate or intemperate: A temperature temperate, is a harmonie of the foure firſt elementarie qualities juſtly mixed for the perfect acting of all the functions of the body: An intemperate is, where there is alway ſome qualitie or other ſurpaſſing the reſt

reſt, of the which there bee eight ſorte foure ſimple; where onlie one qualitie exceeds the reſt, as heate, or cold, and foure compoſed where there bee two qualities exceſſiues, as heate and dryneſſe, cold and wakneſſe together; Theſe are either naturail, as when they hinder not manifeſtly the actions of the bodie: or vitious, when as they exceed ſo, that they hinder the ſame.

A temperate complexion ſhould bee keeped by the lyke, and the intemperate corrected by the contrare, as the hote, by cold: the dry, by moiſt.

Of ſanguineans.

From the varietie of the complexions, floweth the varietie of humours, for the temperament makes humours lyke to the ſelfe, ſo if it bee verie temperate, it produceth perfect temperate blood; and ſo it ſubjects all the reſt of the humours to the ſame, if the complexion be hote and humide, it filleth the body with blood, too hote and humide, ſo being hote and dry, it bredeth bile, cold and wake, phlegme, and when it is cold and dry, melancholie.

A temperate ſanguinean bodie is of a mediocre

ediocre groſneſſe, moderate in heate and
umiditie, neither too hard, nor yet too ſoft,
ſ good colour, mixed of red and white,
e haire ſome-what yallow and curling,
ll the members proportionable, the ſpi-
it is gentle, judgement good. manners
weete, diſpoſition merry, carriage modeſt,
vill, free and liberall, ſo that they are braue
n perſon, diſcreete, wiſe, peaceable, honeſt,
overs of knowledge, courteous, gratious,
fectioners of dames, mirth, paſtime, and
ood cheere: and becauſe they keepe (as
were) the middes betweene the ex-
reames, they are not readily ſicke.

anguineans then of a temperate comple-
ion ſhould flee all exceſſe in any thing, and
very thing that is of an exceſſiue qualitie.

Sanguineans intemperate are fleſhy, rud-
die, have great veines & arteries, of difficile
reſpiration, the body is heavy and often
weary with little labour, the ſpirit ſimple,
given rather to ſottiſh follies than to ſeri-
ous affaires, they are ſubject to many diſ-
eaſes, proceeding from the inflammation
of the blood, as fevers, flegmones, fluxe
of blood, and ſuch like: they ſhould keepe
verie ſtraite dyet, vſe cold and dry things,
for the correcting the intemperancie of the
body,

body, as in their broth, ſicorie, ſurock lactuces, and the like, drinking of wate aile, or beere, little wyne, moderate ex ercise, much ſleepe hurteth, to preuen diſeaſes phlebotomie is expedient.

Of Cholericks.

Cholericks hath a leane body, thin an hoarie, dry and hard, the veines and ar ters great, the colour yallow, pale, or brown the haire red or blackiſh, the ſpirit quick ſubtile, haſtie: the judgment light, vari able; the cariage inconſtant, the courage martiall, ſo they be nimble in body, prompt in ſpirit, haſtie in all their actions, vehe ment in their affections, impatient, ſoone angrie, and ſoone pleaſed, ingenious in invention; but proude, bold, impudent, vanters, ſcorners, craftie, vindictiues, quar relous, raſh, and vndeſcreete, vnfit to beare charge eithe in ſtate or warre, as vnable to indure heate, hunger, travell, watching, and other incommodities of warre, their ſleepe is ſhort and troubled.

They ſhould keepe themſelues out of the ſunne in an aire cold and humide, vſing cold refreſhing meates, as by the forena med herbs, fruites cold or ſodden, barly, prunes, melons, cucumbers, and to ſauſe their

eir meat, either boyld, or roſted with e juce of grenads, oranges, and cytrons, r verjus, they ought to eate much, and ften, to vſe little wine, moderate exer- iſe, eſhewing the exceſſe of Venus, anger r wrath, and all deepe meditation.

Of Melancholicks.

The predominant humours in the body, iveth ſtill the name to the complexion, o they in whom through their cold and ry temperature, melancholie aboundeth, re called melancholicks: ſuch are of a bo- y, cold, dry, rude, without haire, having traite veines and arteres, the colour is rowne or blackiſh, the countenance ſad r triſt.

Among all the complexions that are itemperate, there is none to be preferred o the melancholick, provyding it con- eine it ſelfe within the tearmes of health: or of all men the melancholicks are fit- eſt to carrie charge, the ſanguineans are given to their pleaſure: The bilious ha- ving their head full of quick ſilver, they ack judgement and deliberation: The pi- uitous are ſo lumpiſh, that they care for nothing but to haue their back at the fire: nd the bellie at the table: ſo melancholicks

are

are of all moſt fit: Firſt, becauſe they do their buſſineſſe with due deliberation: Secondly: becauſe they are quyet and not babblers or talkatiues, doing their affaires without dinne: 3. becauſe ſolitarie and retired, ſo that their ſpirits not being diſtracted, they may thinke on their affaires the better, taking greater pleaſure in the profound meditation of ſerious buſineſſe, than in idle toyes. 4. Becauſe they ſeeme ſad in companie, not taking pleaſure in gaming, laughing, fooling or in idle ſpending of the time, and yet they liue verie contented, when they are where they may recreat their ſpirits, not having any thing, affords them greater contentment, than to moderate their meditations, and to be imployed in ſerious matters, (it is agreable to all men in authoritie, to haue a graue countenance and ſomewhat ſevere) 5. Becauſe they are fearefull when they ſee any danger, not willing raſhlie either to hazard their lyfe, honour, or eſtate, ſo they interpriſe nothing lightly. 6. Becauſe conſtant in their opinions, words, and deads, for having paſt any thing thorow the alembick of reaſon they cannot bee brangled. 7. Becauſe ſlow to

wrath

wrath as alſo to be appeaſed, except it be thoſe who hath beene firſt bilious, and now are melancholicks, they will haue ſome ſhorte fittes, ſmelling of their former diſpoſition. 8. Becauſe they are commonlie good husbands, and doth not ſpend their goods idlely. 9. Becauſe they are couragious, reſpecting their honour aboue all things.

They ſhould flee the aire that is groſſe and thick, choiſing the ſubtile and cleare, ſhunning alſo meates that are viſcuous, windie, groſſe, melancholick, and of hard digeſtion, chooſing the fleſh of Veilles, muttons, kiddes, capons, partridges, and of young beaſtes, rejecting the old, vſing boyled meate often, with burrage, bugloſſe, endiue cichorie, but no cabbage, beattes, neippes, oynions, ſybouſe, and no bitter, or ſharpe byting herbs, as alſo no beanes and peaſe: their drink ſhould bee white wine, or cleare fyne beare, moderat exerciſe, and pleaſant games: long watching is noyſome, ſound ſleeping wholeſome, their belly ſtill ſhould bee keeped open.

Of Flegmaticks.

Flegmaticks are of colour white or grayiſh, their face bowden or ſwelled in ſome

kynd, the body growne, ſoft, & cold to the touch, without haire, the veines and arteres ſtraite, the haire white, the ſpirit ſumpiſh, and ſtupide, ſo they are ſlowe, ſweere, heavy, cowards, ſluggiſh, ſleepie, ſubject to deſtillations, vomiting or ſpiting of flegme, colick, hydropſie, and other ſickneſſe proceeding from flegme.

They muſt make choyſe of hote, & dry things which may correct their intemperate complexion, as the aire hote and dry, ſuch lyke meats of the ſame qualities, their bread of good flower, well hardned, mixed with a little ſalt and anniſe, their fleſh rather roſt than boyld, being of eaſie digeſtion, and few excrements, as capons, pigeons, partridgs, young conies, and kiddes, and birdes of the field, fleeing theſe of the river, as alſo ſwyne fleſh, lambe fleſh, and Veilles, with all boyld meate, all fiſh, all ſort of milk-Herbs, hote, as ſayge, menth, marjoline, hyſope, thym, roſmarie, and the like are to be vſed, but cold as lattuces, and pourpie to bee refuſed, they ſhould combe well their head in the morning, rubbing it with the necke, ſtriving to purge the head of the excrements: too long ſleepe is naught

for them, and alwayes while they ſleepe, looke they keepe the head and feet warme.

The change of dyet according to the age.

It is a thing moſt ſure, that although man ſhould doe all that is required for the keeping of his temperament naturall, yet hee cannot ſtay alwayes in one eſtate without alteration; hee is firſt by nature hote and humide, yet with tyme the heate and naturall moyſt is ſo diminiſhed, that in end hee becommeth cold and dry: ſo that by proceſſe of tyme, the body of it ſelfe doth change. The Phyſitians looking to the moſt ſenſible changes, hath divided the lyfe of man in fine parts: infancie, bairnly age, youth, middle age, and olde age.

The infancie is hote and humide of complexion, but the humiditie ſurpaſſeth the heate, and keepeth it ſo in ſubjection that it can not kyth, it continueth from the birth to the fourteenth yeere: Bairnely age or adoleſcencie is alſo hote and humide, but the heate in it beginneth to appeare: ſo the voice in male children becommeth auſtere and groſſer, all the paſſages of the body are inlarged: in women

the pappes hardneth; and groweth greater, and they begin to haue their naturall flowrs: It is from 14 to 25, which is the terme and end of grouth: Youth is hote and dry, full of fire, agilitie, and force, it is the flower of the age, and is from 25 to 35, in it cholere or bile doth reigne, as in the former blood: Midde age followeth, which keeping the middes betweene the extremities, is the moſt temperate of all, in it the force beginneth to declyne, but it is recompenſed by the gifts of the mynde, which are in greater meaſure than before, as diſcretion, wiſedome and judgement, laſting from 35, to 49: And old age beginning there, containeth all the reſt of the life vntill the end: It is the moſt cold and dry tyme of the life, by reaſon of the deſtruction of the naturall moiſt by the inbred heate, abounding nevertheleſſe in humide pituitous excrements: hence their eyes are ſtill watring, their noſe dripping, and their mouth being full of water, they are ſtill ſpitting.

The diviſion of ages muſt not alwayes bee taken from the tyme: for ſome ſooner, others latter, according to their complexion, runneth thorow all theſe ſpaces, ſo

the ſangineans beare their age better than the reſt who become ſooner old.

Seing then the body doth change the temper according to the courſe of the yeares: It is needfull to diverſifie the dyet: and becauſe I am to ſpeake of infancie heereafter, paſſing it, I will firſt treate of the bairnly age.

Of bairnly age.

Bairnes are of a very good temperature: hence it is, that they agree better with the ſpring than any other ſeaſon, becauſe of the temperate air; as alſo with temperate meates: and ſeeing their body by the ſoftneſſe and raritie of it is much ſubject to diſſolution, they haue neede of much foode, otherwiſe their bodies in place of growing ſhall decreaſe and diminiſh, as witneſſeth *Hipp.* they ſhould not ſleepe ſo much as infants, but being ſtronger, they ought to vſe exerciſe more than they: this is the tyme wherein they ſhould bee inſtructed both in liberall and mechanick artes, that thereby both the body and mynd being coupled, *Cupids* darts get no entrie, for they ſhould flee all violent exerciſe, and *Venus* games, becauſe they hinder the grouth of the body, and being ſubject to bleeding, they ought to eſchew everie exceſſe

ceſſe, whereby the body is made hote, ſtryving to keepe a mediocriſie in all things. This is evill keeped by theſe who pamper their bairnes bellye with ſpiceries and ſtrong drink, which ſo dryeth, that ſome of them can never bee quenched.

Of Youth.

Young men being of complexion hote and dry, ſhould vſe a dyet cold and moiſt: for this cauſe wee ſee they are moſt wholeſome in the winter, becauſe it is contrare to their bilious temper: they ſhould ſhun all heate either in the air or meate, as garlick oynions, muſtard, pepper, ginger, and all other ſuchlike: alſo all ſtrong drink, as wine, aquavitie, roſa ſolis, and the like: or violent exerciſes, becauſe they procure a fever, ſorenesſe of the head, and troubleth the ſpirit: in this age men are meeteſt for any charge in publick or warfare.

This is the tyme moſt proper for marriage, for bairnes procreate of bairnes, or old men are commonly infirme, either of body or of mynde, but begotten in the flower of the age, when the body and ſpirit are at the beſt, are found to bee moſt able for any buſineſſe: for Venus if it be moderate, doth not hurte thē as other ages, by

by reaſon of the force of their members: yea, they are by it made more gallant, and luſtie.

Of middle age.

Men of middle age ought to keepe a more temperate dyet than the former, not declining ſo much to cooling things, becauſe the heate of youth is paſt: ſo a temperate aire, temperate meate taken in leſſe quantitie than before, becauſe the body hath left growing. alſo moderate in exercíſe, imploying better the ſpirit than body, flying all griefe and ſadneſſe, becauſe that age is moſt ſubject to melancholy: they fall readily in agues, phreneſies, pripneumonies, pleuriſies, cholere, dyſenterie, and other ſuch like diſeaſes bilious, through abundance of bile, gathered in the youth: and according as their naturall force diminiſheth, and old age approacheth, they beginne to find a ſhortneſſe in the breath to preſſe them: for the preveening of theſe, they ſhould keepe a mediocriſie in their dyet betweene youth and age.

Of old age.

Old men ſhould ſtriue to correct their cold and dry complexion by hote and humide dyet: and therefore flying all coldneſſe

neſſe in the aire, keeping them by a fire-ſide, hote meates of good and eaſie digeſtion are beſt, as capons, hennes, pigeons, partridges, veill, and muttoun, ſoft new laide egges, and ſuch like cheere: fiſhes are not for them: ſpices, as ginger, cannell, muſtard ſhould bee much vſed by them: they muſt beware of overcharging their ſtomack with much meate, for they may readily by this meanes chock their naturall heate, being now but ſmall: it is better to eate often and little, eſpecially they who are decreeped: for they are like lampes, in the which the light is almoſt extinguiſhed, which muſt be interteined by a gentle effuſion of oyle, becauſe much at once will ſuffocate it, and too long with-holding will procure the evaniſhing of it: ſtrong wine, rather old than new is fitteſt for ſuch, and therefore it is called their milk: it is granted to them to ſleepe a little after meate, chiefly in the ſommer, becauſe they are commonly troubled with night-watching, by reaſon of ſome byting vapours, aryſing from one abundance of a ſalt flegme in them: they ſhould keepe themſelues free of all the violent paſſions of the mynde, chiefly of chagrin

and

and melancholy, living, joyfull and mirry, rejoycing all their ſenſes with pleaſant obiects, their eyes with the varietie of pleaſant flowers, and diverſe colours, carying ſtill ſome pretious jewels in their ringes, and among others the ſaphere, the emrode becauſe the greene or violat doth conſerue the ſight beſt of any: Their eare with the muſicke of voyces and inſtruments, intertaining them alſo with pleaſant diſcourſes, flattering them in all, and contradicting in nothing: the ſmell with muskue, ſweete waters, and muske bals, and the taſte with ſome daintie diſhes: But this too curious caring for a Carion, will ſeeme tedious to the view, and troubleſome to the eare of our young wenches, who looking to the Mammon rather than the Man: and the wealthie eſtate more then healthfull body, hath tyed themſelues to bee helpers, and vpholders of the chivering and ſhaking bones of an old man, but pleaſantlie pulling them downe: the poore man conſenting: yea, aſſiſting to his fall, theſe wagges hungrie for young freſh meate, longe to laufe vnder a mourning weede, in beholding the piaſing cariage, and hearing the intyſing; yea, rather raviſhing diſcourſe of

a young *Bravado*, of whose words they reape greater contentment, than ever they did of the old mans deeds: *A just reward for dotting Loue.*

Of the seasons.

As the vicissitude of the night and the day proceeds from the motion of the Sunne, from the East to the West, in 24 houres space, even so the change of the seasons commeth from his course, from the West to the East, about the twelue signs of the Zodiack, making thereby the dayes longer or shorter. By this approaching or retiring of himselfe in his comming and going, the Air receiueth many divers alterations being subject to receaue the impressions and influences of the heavenly bodies: for the Sunne heateth and dryeth by his heate: the Moone in the contrare cooleth, and humecteth, or maketh moist; so when the day is long the Air is hote and dry, and when it is short it is cold and moistie, but when they are of equall length, the Air is temperate by the equall force of both alike communicate to it.

The Ancients from the course of the Sunne in the Zodiack did remarke foure

peciall changes in the Air, which are made by the qualitie & inequalitie of the nights nd dayes: therefore they haue divided he yeare in foure ſeaſons: The Spring, the ummer, the Harveſt, and Winter, the which are divyded by two equinoxes, the one falling in the Summer, the other in he Harveſt, and two ſolſtice; one in Summer, and an other in Winter, equinox is n equalitie in length of the night and day, which befals to all the world alyke, when he Sunne is vnder the equinoctiall lyne; he firſt is in March, the other in September. Solſtice is, when the Sunne comming to ſuch a point, ſtandeth and cannot goe forward, but from thence turneth his courſe backward, the firſt in Iune, the other in December: This change in the air cauſeth a change in our bodies, from the which, according to the diverſe ſeaſon, divers humours doe abound, requyring the changing of the dyet, for this cauſe wee ſhall inſiſt in everie one in particulare, and firſt.

Of the Spring.

The Spring beginnes at the equinox, when the ſunne firſt enters into Aries, and ends at the ſolſtice of the ſummer, when hee

hee enters in Cancer, containing a parte of March and Iune, and all Apryle and May: from the equinox in the ſpring till the ſolſtice in ſummer, the day ſtill groweth longer, the night ſhorter, for in March the night hath twelue houres, the day as many; but from thence till the end the day groweth longer, but the night ſhorter.

The firſt ſigne of the ſpring is called Aries, that is, Ramme, becauſe hee puſheth (as it were) with his hornes the borders of the new yeere: the ſunne then in the middes of March beginning to recover his force, & diſplay liuely his beames. Taurus is ſo termed, becauſe the tyme maketh for the coupling of the bulles or oxen, for labouring the ground being fred from the rigour of the winter, and moiſtned with the drops of pleaſant raine: Gemini hath the name from the duplication: yea, rather multiplication of the grouth of the groũd: Pleiades or 7 ſtars are at the back of Taurus, and Hyades (ſo called, becauſe rainie) at his head. The Poets feinzie that they were the Nymphes of Bacchus: they cutte ſhort often the hope of the labourer: for when they riſe, the Sunne being oppoſite to them; and the Moone re-

ountering alſo, if none of the other Pla-
ets doe not interveene in hote ſignes,
here followeth many heavie raines, which
oileth the cornes and fruites of the ground,
from tyme to tyme ſome dangerous
ayes, at the end of the ſpring, which are
urtfull to the good of the earth, hath
eene remarked, The ſpring is of temper
ote and moiſt: yea, theſe qualities are ſo
empered in it, that it appeareth no wayes
xceſſiue, neither in the one nor other.

Amongſt the ſignes of the ſpring Aries is
ore moiſt and humide, than hote, yet
emperately. but in Gemini the heate go-
th beyond the humiditie.

The ſpring keepeth a midde temper be-
wixt the great heat of the ſummer, and
he extreame cold of the Winter, two ex-
remities, wherefore it is more wholſome
nd leſſe dangerous, than the reſt of the
eaſons, although ſickneſſe bee frequent in
, yet that proceeds from the multitude
humours, which the winter hath gather-
d in the body: and now are melted by the
eate of the ſeaſon, nature ſtryving to ex-
ell them, ſuch are melancholie, epilepſie, the
quinance, but they proceede from melan-
holicke humours, which the Harveſt be-

fore

fore had gathered in the body, such as distillations, cough, and other cold diseases flowing from the aboundance of phlegme gathered by the Winter: The proper diseases of the spring are scabbes, pustules, tumours, and goute, but these are all without danger, and cause health to the bodie, being clensed from all vitious humours by such meanes: so the spring is the most wholsome of all the seasons, for if it get a body with good humours it keeperh it so in health. Yet if it doth surpasse the limites of the owne temperature, it is no lesse fertile of sickneſse than the other seasons, so *Hipp.* sayeth, if the winter bee dry and cold, and the spring hote and humide, the summer is accompanied of necessitie with many fevers, ophthalmies, and dysenteries. And if the winter bee gentle, warme, and rainie, and the spring dry and cold, women with children who should be brought to bed in the spring, doe with light occasion parte with child: and if they bring foorth without danger, their birth commonly is weake and subject to sickneſse: for the bodies by the clemencie of the aire made soft, moist, and open, receaues easily within the cold of

the

he circumsisting aire, so that the children
ong accustomed with the heate, bestrick-
en powerfully by the coldnesse of the
ire, dyeth in the belly of the mother, or
fter the birth not dying, liveth vnarmed
y nature, against all danger. For prevee-
ing sickneſſe: It is good to purge in this
yme, and to draw blood: This season re-
quireth a dyet conforme to it selfe in tem-
per, so if cold in the beginning, it should
haue the dyet of the winter, and if very
hote at the end, the dyet of the summer:
he meates agreable for this season are
Veilles and Kiddes, fish haunting about
ockes, soft rosted egges: foules are not good
hen, because they are about their procre-
tion: boylled meate is better than rosted,
& more drink, & lesse meate, than in winter.

Of Summer.

Although the sunne bee the father of
ll the rest of the foure seasons, yet hee
arrieth greatest respect to the summer
of any, it receaueth greater force from his
beames, and is made more like his father
than the spring his elder brother, or the
rest that are younger: It is he that makes
the loue of the spring, and of Dame Flora,
to bee fæcund and fertile, in receiving the
sweete

ſweete droppes ſprinkled by the ſpring in the boſome of the earth, *Ceres* doth preſent him with Cornes, *Bacchus* with wines and *Pomon* with fruits.

Summer beginning at the ſolſtice, when the ſunne enters in Cancer the 11 of June, and endeth at the equinox of the Harveſt, the ſunne being in Libra, the 13 of September, from his ſolſtice in ſummer, till the equinox in Harveſt, the dayes ſhorneth ſtill and the night groweth longer, and then they are of equall length. Among the ſignes, Cancer is more hote than dry, Leo extreame hote and dry, in Virgo the drouth ſurpaſſeth the heat, Cancer taketh the name from the back going of the ſunne, being at the hight as a partaue doth, and Leo is ſo called, becauſe the ſunne is red and burning then as a Lyon: Virgo by reaſon of the earths infertilitie, in that ſeaſon, the earth being dryed by the heate of the ſunne: The ſunne entering in Leo, the little dogge beginneth to kyth, and ſo ſoone as hee enters in the firſt degree, the great dogge is perceived: which hath eighteene ſtarres, the little dogge is called by the Greeks *Syrios*, becauſe of his great heate and drouth, the little dogge ap-

appeareth a day before the great, the firſt the 16 the latter the 17 of Iulie, while the dogge doth make his courſe, the ſpace of ſix weeks in the caniculare dayes, hee augmenteth the heate of the ſunne by his preſence, ingendring many diſeaſes from extreame heate, for the moderating of this heate, the LORD hath appointed certaine North winds, verie gentle, called *Eteſias*, that is yearely, becauſe they appeare ordinarly about the ryſing of the dogge, and continue from three houres in the morning till night dayly.

The heate of the ſommer is ſo great, that it not only dryeth the body, but alſo pearcing thorow the skinne, it diſſolveth not only the humour betweene the hide and the fleſh; but alſo the ſpirits: ſo it weakneth the body, and ingendereth much bilious blood, from the which floweth vomiting of bile vpward, and dyſenterie from bile downeward: This tyme would bee entertained by refreſhing things, as a cooling aire, and cold meates, vſing much purpie, lactuces, endiue, ſourocks, and other herbs, both in broth and ſallad, eating rather boyled than roſted, having for ſauſe vinegar, the juice of ſydrons, or oranges, flying

all ſpyceries: and becauſe the weakneſſe of the body doth not admitte much meate at once, and the great diſſolution of the ſame doth require great reparation, to eate little and often is beſt for this tyme: drink would bee taken in greater quantitie, but weake in qualitie: exerciſe ſhould be little and that in the morning, and they that can not ſleepe, the night may repoſe a little after dinner.

Of Harveſt or Autumne.

Although Autumne hath juſt reaſon to bee ſad, ſeing his father the Sunne to leaue him, and take his journey towards a ſtrange countrie, and his mother the earth to bee ſorrowfull by reaſon of her golden lockes which are dayly fading, and her pleaſant laughing countenance that is changing to bee vnpleaſant and ſhaggring. Yet ſhee may reioice with her husband *Bacchus*, having through their louely conjunction brought foorth wyne, and by the helpe of *Pomon* many fruites.

The Autumne beginneth at the Equinox, and endeth at the ſolſtice in the winter, conteaning a part of September and December, and whole October, and November, from the beginning the day ſtill ſhorneth,

neth, and the night groweth long, for in September the day and the night hath each of them twelue houres, but from thence the day diminiſheth, and the night groweth longer. Amongſt the ſignes Libra is more hote than cold: Scorpion is very hote and dry: Sagittarius is more cold than dry. Libra is ſo called, becauſe the night and day are in equall ballance: and Scorpion by reaſon of the byting of the cold ſubtile aire, as a ſcorpion, making the earth dry and cold. And Sagittarius, while by the ſhooting of his arrowes, hee makes as it were the ground and all things dead. In Libra, Bootes a ſigne with 22 ſtarres, whereof the chiefe is Arcturus, is remarked: The Harveſt is cold, in regarde of the Summer, and dry in reſpect of the Winter: it is not abſolutely hote or dry, cold or humide, and ſo not temperate, as is the ſpring: for there is not only found an inequalitie in the whole ſeaſon, but alſo in one day, which is now warme now cold, as at noone it is hote, at night it is cold: This inconſtancie cauſeth diverſe diſeaſes inconſtant and dangerous, by the production of humors of inequall temper, throgh the cold it hindereth the diſſipation of the cho-

lere, ingendred in the ſummer, by the which it cauſeth a change of the ſame bile in melancholy, which is not abſolutely cold and and dry, but of inequall temper, being more dry than cold: ſo wee ſee ſundrie diſeaſes of the ſummer to bee revived by it, and many fevers, quartanes, and erratiques, inflation of the ratte, hydropſies, lienteries, ſciatiques, paſſions, aſhmatiques, epipleſpies, and others, the quartanes, proceeds from a black melancholious blood which then abounds: the erratique fevers of the inequall temperature of the aire, the ſwelling of the melt, of the abundance of the melancholick humor: for the preveening of their maladies, it is good to purge this ſeaſon: wee ought to ſhunne the cold aire of the morning and evening: meates of moderate temper ſhould bee vſed, taking more meate in ſummer, but leſſe drink and ſtronger.

The Winter.

It is no wonder to ſee the winter ſtill weeping becauſe of his far diſtance from the Sunne his father, regrating ſtill his mother *Veſtas* caſe, droupping for her husband *Titans* long abſence, who carieth on her head a white vaile in place of her

daintis

daintie coffe, flowred with roſes, and winter with his teares doth pavie the ground with pleaſant criſtall, but ſeing the ſame tramped vnder foote, renuing his teares, hee turneth all into myre and clay. The winter beginneth at the ſolſtice, which is in it, when the ſunne entereth in Capricorne, and finiſheth at the equinox in the ſpring, when the ſunne beginneth to enter into Aries, it containeth three ſignes, Capricornus, Aquarius, and Piſces, a part of December and March, but whole Ianuar, & Februar, from the beginning of winter to the end the dayes grow longer, the night ſhorter, at the end they are of equall length, being the equinox: Capricorne is more cold than humide: Aquarius is both cold and moiſt extreame: Piſces is more wak- than cold. Orion kytheth his whole force in the beginning of winter, who affraighteth much the Sea-men, moving ſtill ſtormes at his ryſing. The moſt frequent diſeaſes of the winter, according to *Hipp.* are the pleuriſie, and peripneumonie, becauſe the inſtruments of reſpiration are hurte by the coldneſſe of the aire, it moveth alſo deſtillations by the noſe, rheumes, cough, paine of the breaſt, ſide, loines, head, diſ-

ſineſſe

ſiues and apoplexies, when the head is full: for to preveene theſe wee ought to cover well the body, but eſpecially the head, breaſt, and feete, and vſe hote meates and dry: Salt meate and veniſon is better now than in any other ſeaſon: roſted meate is better than boyled, ſpices now are good, and hote herbs; more meate may bee taken now than in ſummer, but not ſo often, and leſſe drink than meate, but ſtrong, becauſe the humiditie of the ſeaſon, and long ſleepe doth moyſten the body much.

A REGIMENT FOR VVOMEN WITH CHILD, BAIRNES, AND NOVRSES.

THE good Gardner hath not only a care of the impe and tree; but alſo of the ſeede which kyths by his careſull chooſing, and labouring of the ground for this end. At whoſe example, (that this my worke ſhould not be manck in any thing) I haue made digreſſion conteining the ſafe keeping, and right governing of the ground, wherein man his ſeede is ſowne.

Women with child are likned to one bearing a weightie burden, by a ſmall threed tyed to their hands, who going, ſoftlie, and warily may happily bring their burden to the purpoſed place: but if they bee agitate by any inordinate or violent motion, eaſily their burthen partly by the weight, and partly by reaſon of the ſmall

ſtring

ſtring will fall to the ground: ſo it fareth with them, for if they move violently, or ſuffer agitation either in a Coach or chariot, or by any other ſort of ryding, or if they bee troubled ſuddainly by the paſſions of the mind, or vſe evill food, ſmell evill ſavoured things, behold things fearefull, a ſuddaine impreſſion of theſe being firſt in the ſpirits, next in the blood and laſt by theſe in the tender bodie of the child, the knittings breaking, they readilie are brought to bed before tyme.

For this end let them haue a care to keepe a moderat dyet in all things, vſing good and nouriſhing meats, being more ſparing in the firſt moneth then afterward, becauſe the menſtruous blood doeth then abound, not imployed either for grouth, or nouriſhing of their birth as yet; it is better to take often and little rather than too much at once: they ſhould flee, all meats of a bytting faculty, alſo all windie, all procuring either the fluxe of their water, or of their flowers, as capirs, oynions, garlik, ſafrane, and ſtrong wine: they ſhould vſe little drinke, leaſt the ligaments become, ſlubrie, ſhunning darkneſſe, ſolitarineſſe and melancholie. The firſt moneth

ſhould

ſhould bee quyetly paſt over without motion. The ſecond a ſoft gentle walking is good. The third a little quicker. The fourth, fifth, and ſixth admitte greater exerciſe, and ſtronger motion. The ſeventh, eight, and till halfe of the nynth, requires ſome greater reſt and quyetneſſe than the former, among theſe the eight as moſt dangerous, would bee quyeteſt and moſt carefullie keeped, from the middle of the nynth till their birth, a more quicke motion, and frequent, exerciſe is propereſt for the furthering of the ſame. They ſhould ſhun the companie of men the firſt moneth, for feare of a new conception, afterward they may bee more bold: alſo all paſſions of the minde, becauſe by chaſing the blood inward, they choke the child. which often falleth out in great wrath, or ſadneſſe. Too long ſleepe is not evill, from the which they ſhould awake quietlie. They ſhould keepe themſelues from exceſſiue cold or heat, and from the North and South wind, for both the one and the other doe moue a diſtillation, from whēce a cough, the which haſtneth their birth before, the tyme flying alwayes the noyſe of thunder, & guns of great belles, and the like: and becauſe

that

that women with child, either hath loſt all appetite, or are troubled with an inordinate, as a deſire to eate ſtrange things, as alſo with a paine in the ſtomack, gnaw of the heart, great ſpitting, ſhort breath, ſore head, ſwelling in the legges, and an vniverſall heavineſſe thorow the whole body, proceeding from the ſuppreſſion of their flowers, (yet there be ſome ſo full of blood, who hath them, the firſt moneths, others all the tyme) leaſt theſe and the like by weakning of the mother, doe precipitate both mother and bairne in hazard of death: it is better to purge theſe vitious humors, than to ſuffer ſuch manifeſt dangers. The propereſt tyme for purging, according to *Hipp.* is from the fourth moneth to the ſeveneh; for the child (ſaith *Galen.*) is tyed to the matrix of the mother, as the fruites are to the trees, the fruites new budded out haue the ſtalk ſo tender that little ſhaking will make them fall, but being with tyme more firmely tyed to, they are not ſo ſhortly broken, till the tyme of their maturitie, where they fall off themſelfe without helpe; ſo women with child are in leſſe danger the fourth, fift, and ſix moneths, then the firſt and the laſt.

Women

Women with child ſhould not be bled, except in a great neceſſitie, leaſt the bairne by bleeding, fruſtrate of his foode, bee forced to breake foorth before the tyme to looke for meate; yet there bee ſome women who are ſo full of blood, that except you draw blood of them, they will chocke the child in their belly, of ſuch blood may bee taken once or twiſe.

Women with child ſhould caſt away their buiſtes, which they vſe, to keepe them ſmall about the middle, and that ſo ſoone as they find their bellie to ſwell: for they hinder the grouth of the child, and conſtraineth it often to come foorth before the tyme. Whoſoever hath of cuſtome to parte with child, through the moiſtneſſe of their bairne-bed, let them weare about their neck the Eagle ſtone, called by the Greekes *Ætites*, applying this plaſter over the belly and the loines.

R. Gallarum nucum cupreſſ. ſanguin. drac. balauſt. myrtill. roſar. an drag. I ſſ. maſtic. myrrh. an drag. II thuris hypociſtid. acacia. gummi arab. bol. armen. an drag. I. camphor. ſcrup. ſſ. ladan. vnc. ſſ. terebinth. venet. II picis navalis. vnc. II ceræ. q. ſ. fiat emplaſtrum ſecundum artem extendatur

tur ſuper alutam ad prefatum vſum: If the paſſage of the belly bee ſtopped (as often it falleth out) the laſt moneths, the trypes being ſtraitted by the matrix, let them vſe broth of barley, malves, beetes, and mircurial.

Of their governement, the tyme of their birth, and after the ſame.

There bee three things required to a naturall birth, the firſt a-like fordwardneſſe both in the mother and the child: ſo the child requiring more meate than the mother can afford, and greater libertie to take the aire, hee tares with his hands and feete his thinne membranous ſheettes: the matrix againe wearied of its burden, doth contract the ſelfe, for the expelling of it: Now if any of theſe bee inlacking, their birth is not without danger; for if the whole action be impoſed on the mother, as it falleth when the child is dead, or verie weake, it is with great paine, which ſometymes bringeth death: and if the child get all the buſineſſe to doe, by reaſon of the mothers weakneſſe, it is of no leſſe hazard. The ſecond is a due ſorme, which *Hipp.* deſcribeth in his firſt booke

de

de morbis mulierum, and in his booke *de natura pueri*, in theſe words: A childe (ſaith hee) if the birth be naturall commeth foorth head-long, and he giveth the reaſon in an other place of this, becauſe the parts aboue the middle are heavier than beneath it: Moreover if the feete come firſt foorth, they in ſtretching of themſelues ſhould ſtoppe the paſſage to the reſt of the body: ſo the cuſtome of the Ancients was, (as reporteth *Plinius* in ſeven bookes of his naturall hiſtory,) and is now alſo to carie the dead with their feete formeſt, becauſe that death is contrarie to life. The third thing required, is, that it bee quicke, eaſie, and without great paine or many ſymptomes.

The tyme of birth.

Nature (ſaith *Ariſt.*) hath ſet downe a certaime terme and tyme of birth almoſt to all the creatures, only man hath diverſe tymes: ſo the doue hath her mouthly birth: the bitch keepeth ſtill foure moneth: the mare nine moneth, the Elephant two yeare: only woman changeth, having for terme the 7. 8. 9. or 10 moneths: the firſt is the ſeventh, before which no childe can bee liuely: the next is the eight, in the which

which, according to *Hipp.* and other Phyſitians are not liuely: the nynth is the moſt naturall, and beſt of all: the tenth and eleventh in the firſt dayes are liuelie alſo, although that birth doth not fall often foorth in them.

Now that women be not troubled before the tyme, remarke heere the ſignes of birth approaching, theſe are, a paine from the navell to the ſecret parts going about to the loynes or ſmall of the back; a diſcent of the bairn-bed cauſing a ſwelling about the privie members, a redneſſe of the face: the mouth of the matrix open and ſtraight, and in the entrie of it there is found a lumpe about the greatneſſe of an egge, a ſhivering through the whole bodie, and in end a certaine liquor iſſueth foorth: firſt in little quantitie then more larglie: and laſtly there floweth a watrie blood if it bee a ſemall chylde, but pure, if a man child.

There are three things to bee remarked about the tyme of the birth. The firſt, that the travelling woman be not burdened with too much meate, for thereby the naturall heat is drawne from the matrix to the ſtomack. Secondly that the Mid-wyfe doe not handle roughly, the bairn-bed of

theſe

theſe who are long in travelling, but gentlie their hands being oynted with oyle: Thirdly that the woman bee not troubled, till the foreſaid ſignes appeare, eſpecialy the ſtraightneſſe of the mouth of the matrix, and the eſhuing of theſe humidities. Theſe appearing, let her ſo be placed that her loins bee free, leaning moſt on her back and ſhoulders, her heeeles bee bowed inward toward her buttoks being lifted vp, and that her thighs bee ſo farre aſunder as poſſible they can. Thus let her leane rather than ſit, holden vp behind by a chaire, or the bed-ſide. Others ſtanding do bring foorth their birth leaning to their hands, faſtned to an hold. This tyme if the air of the chamber bee too warme, it muſt bee refreſhed by opening of the windows, leaſt they faint. And when the paine returneth, the mouth of the matrix being open, let her who is travelling containe her breath, keeping her mouth and noſe faſt, and preſſe downe-ward with all her power, the Midd-wyfe ſoftly with her hands helping her by preſſing alſo from the navell downward, deſiſting when the matrix beginneth to cloſe, leaſt they travell in vaine.

The childe ſhould bee received by the mid-

mid-wife in a ſoft ſmall and warme linnen cloath, and that quyetly, leaſt any of the members ſhould bee hurt. This done, the woman ſhould bee laide in her bed, in a darke chamber, with her thighes aſunder, leaſt the iſſuing of the blood ſhould bee ſtopped, which ought to bee dryed vp by the oft changing of warme clothes, leaſt either by the ſharpe byting, or the vnwholeſome ſtinking, it grieue the delyvered. It were not amiſſe to ty a band of two hand-breadth about her navell, both for the furthering of her purgation, as alſo from hindering of inflations from cold wind, which readily then entereth through the emptineſſe of the matrix, which thereafter breedeth a ſuffocation of the ſame: after her delyverie a drink of the beſt in little quantitie will doe no harme: let her abſteane two dayes from fleſh, vſing the while caddels, aleberries; and ſuch like eaſie digeſtable meates, and nouriſhing, for the repairing of her forces, eſhewing all ſuddaine charging of the ſtomack, either by the great quantitie, or diverſe qualitie of the meate: for her weake force doth not admit that, rather come by degrees to the former dyet, ſhunning all ſuddaine

repletion

repletion after ſuch an evacuation, it is better to giue them oft and little, eight dayes being paſt they may eate more largely, eſpecially if they nouriſh their child. They ſhould abſteane from all kind of herbes, fruites, and legums, that is peaſe, beanes, and the like.

If after her deliverie her paine continue, the Mid-wyfe ſhall ſearch the bairne-bed if there bee any congealed blood in it, (as ſometimes there is, which being taken away the paine ceaſeth) or any lumpe of fleſh: applying alſo to her navell the ſecundines or after birth yet warme, the skinne of a Ramme hote from the ſheepe aliue.

When they come to nouriſh the child, they ſhould cauſe ſucke the milk of their breaſt the firſt two or three dayes, by ſome old woman, that the old vnwholſome milk may bee drawne foorth, and better ſupplie the place of it, twentie dayes is the terme of purgation after a man child, and fourtie after a female, the which ſpace they ſhould keepe themſelues free of the ſocietie of man, yet theſe that are of ſtrong conſtitution, will purge ſufficiently in eight or ten dayes.

Of the gouernment of the Child.

So ſoone as the child is brought foorth, his navell ſhould be cut about three finger broad from his bodie, and then tyed in the loveſt part, and ſprinkles in the vppermoſt parte, where the inciſion was made with the powder of *bol. armen. ſanguinis. draconis. ſarcocolle. myrrh.* and *cumini* and then covered: bounde vp with a little wooll dipped in the oyle of Olives, afterward ſee it bee waſhen in warme water by the Nurſe, and oynt againe with the foreſaid oyle, his noſtrils ſhould be ſoftly opened and his pricke looked if the paſſage be open: his eyes tenderly wiped, his ſundament rubbed and handled, for the procuring of the paſſage, to the clenſing of the ſtomack from a part of the menſtruous blood lurking in it, drawne in while hee was in his mothers belly, the which ſtaying, and not caſt out, preſently after his birth, or at the fartheſt the firſt day doth cauſe either death, or the epilepſie: It is remarked, that this iſſuing before the birth doth foretell a parting with child. For the purging of the child from this black blood, it is good before hee ſucke any to giue him of hony halfe an vnce, of freſh butter two dragmes, with halfe a ſcruple

of myrrhe, and when the halfe part of the navell falleth away, it ſhould be ſprinkled againe with the powder of burnt leade, and afterward wrapped in warme clothes. The member are to be ſtretched foorth, and made ſtraight by the warme hand of the Nurſe, for now they are ready to receaue any crooke or hurte: The child ſhould bee waſhen twyſe a day, in the winter with hote water, and in the ſummer with warme: neither muſt hee bee longe keeped in the water, then the body becommeth hote and red. Keeping his noſe and eares free from the droppes: being waſhen and dryed, let him be laide ſtraight with his armes, cloſe to his ſides, and his feete together in warme fyne linnen, then put in his craddle, with his head, and vpper parts higheſt, that the humiditie may fall from the head to his lower parts, layed on his back, for that is the ſurer, then on either of the ſides, leaſt his ſoft bones, and lightly tyed, by weake bindings, vnder the burthen of the whole body doe bow, or bee disjoynted: but ſoone as his teeth doe come foorth, hee may bee accuſtomed to ly now on the one ſide, now on the other: aboue his head

in the craddell their ſhould bee placed ſmall twigges, or wands bowed, covered with clothes, or in place of theſe a little canopie, whereby the wavering, and inconſtant motion of the childs eyes may bee reſtrained and corrected, leaſt by long looking too earneſtly to any thing a-ſide, he become glyed, or by inconſtant wavering to and fro: of ſtill winking and moving, ringle ſight, for a frequent turning of the tender eyes, turneth in end to a habite, which can not be forborne: ſo a childe by oft looking to his glyed Nourſe, will become ſo in end, having imprinted by long cuſtome a habitude in the muſcels, moving the eye towards the noſe, which are ſtronger than the oppoſite muſcles, ſuch-like bairnes by oft vſe of the left hand, becommeth more perfite of it than of the right.

Of the Nurſe.

There is no milke ſo proper for the child as the mothers, being accuſtomed in his mothers belly to feede on it while it was as yet blood, and now turned by the pappes into milk: but when the mother can not, being either ſickly or weake,

or lacking milk ſufficient, or pappes competent. Let them make choiſe of a Nurſe, with theſe conditions following; firſt, that ſhe be of a temperate complexion, not ſubject to diſeaſes, of good colour, and proportion of body, neither too fat nor too leane, but proper and handſome, with pappes of mediocre conſiſtance, that is neither too little nor too bigge, nor long and hanging, neither over ſoft or hard, with the ends long eneugh, that the child bee not troubled in gripping them, with the breſt large and great: Secondly, let her bee in the flower of her age, that is, betweene 25 and 35: one younger aboundeth in ſuperfluous excrements, and older is too dry, by lack of the naturall moiſt, and heate dayly decreſſing: Thirdly, ſee ſhee be diligent, luſtie, merry, ſober, chaſt, meeke, not fluggiſh nor ſadde, no gluttoun, nor delicate of her mouth, no drunkard or vncleane, not cholerick, or envyous, but gentle and courteous: for the child doth not follow ſo much the nature of any (except the parents) as the Nurſes: Fourthly, that ſhee bee not of a long tyme delyvered, for when they paſſe two moneth without cauſing ſuck their pappes, nature becommeth

meth forgetfull to furniſh them matter for milk: Fiftly, that ſhe be not with child, otherwiſe the beſt part of the blood will bee imployed for the intertaining the child in her belly: Sixtly, that her laſt birth be a man child, becauſe her blood is purer, and the excrements are fewer, and to the milk muſt bee better: Seventhly, that ſhe hath beene brought to bed at the tyme, for they who are before the tyme, are commonly ſickly, or infirme: Eightly, that their milk bee of an mediocre ſubſtance betweene groſſe and ſubtile, thick and cleare, of colour white, of taſt ſweete, in ſmell pleaſant, and in ſufficient quantitie.

The Nurſe ſhould vſe much nouriſhing meate (except ſhee abound in milke) and of eaſie digeſtion, as wheate bread of two dayes, the fleſh of vealles, kiddes, fowles and birds of the field, pearches, trouts, ſolles, pykes, and ſoft roſted egges, flying all ſpyceries, all ſowre or bitter things, and muſtard. Fruites are not good, except prune-damaſe, and figges: nor wine, or ſtrong drink, neither the companie of man. Firſt, becauſe dallying with *Venus* troubleth the blood, and conſequently the milke: ſecondly, becauſe it diminiſheth the

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quantitie of the milke, by turning the courſe of the blood downe-ward from the breaſt to the matrix: thirdly, becauſe it giveth the milk an evill ſmell by the corruption of its qualities: and laſtly, becauſe it liſteth the Nurſes apron, and putteth a kidde in her kilting.

Milke is deficient to the Nurſe, either from lacke of meat; great care, too much griefe and paine, or from any in diſpoſition of the whole body, or of the pappes only, if lacke of victualls cauſe it, cauſe help her diſhes both in quantitie and qualitie; if care, griefe, or paine, cauſe baniſh them. Goates pappes or yewes boyled with their owne milke haue a peculiar faculrie for reſtoring of the milke loſt, as alſo wheate bread baken with kynes milke, decoctions made with the leaves and ſeede of greene finkle, or of aniſe and milk.

The Nurſe ſhould haue care to keepe the chylde in a place of temperate aire, ſhunning the Sunne, the night, raine, and all ſort of intemperate ſeaſon. The quantitie of the milke is to bee taken from the age, complexion, and the deſire the child hath to ſucke. The firſt moneth leſſe, by reaſon of his inabiltie to digeſt much: afterward

is better for him: ſo hee that is of a complexion humide ſooner than hee who is drye: alſo one that is wholeſome, than he who is infirme and ſicklye. Diſeaſes alſo according to their diverſe nature will change the terme, cauſing waine him ſooner or later: ſuch-like the ſeaſon, for in Summer it is not good to waine him, for to give him ſolide meate in place of his milke, which are not ſo eaſily digeſted: in like manner the region, for in a countrie verie cold hee may bee wained in the midſt of ſummer, & in a very hot, in the hart of winter. Alſo the ſexe for the males may bee ſooner wained than the femals: becauſe they haue their teeth ſooner, and haue greater heate and force to digeſt their meate.

Hee ſhould bee wained by little and little, by giving more ſeldome the pape and ofter of other meate. And if hee bee not willing to quyte it, you muſt cauſe rubbe the head of it with wormewood or Aloes or any bitter thing.

Being wained, Veilles, mutton, capons, benns, partridges, and birds of the field are fitteſt for them: boyled meate is better than roſted; ſoft egges are never evill, ſo

prunes

prunes boyled with ſuggar: they muſt abſtaine from oynions, leekes, ſybouſe, garlik, muſtard, ſalt meat, or ſpyced, olde cheeſe, baken meat. Their drinke ſhould bee ſmall aile or watter, no wayes wyne, becauſe it eaſily hurts their braine and nerves, being as yet weake and tender, as alſo addes heat to heat, whereby their naturall moyſture or humiditie is dryed vp. The child ſhould ſleepe much becauſe he is of a moyſt complexion, and ſleepe moiſteneth more by hindering the diſſipation of his naturall humide ſubſtance: hee ſhould ly on his back, till his members bee ſtrong, and hee beginne to vſe ſtronger meat than milk: and eaſie rocking is beſt, for by it the naturall heat retires the ſelfe within, and the ſpirits become drowſie: but a toylſome catching, toſſeth the milk to and fro in the ſtomack, hindereth the diſgeſtion, troubleth the ſpirits and braine.

So ſoone as he awakes in the morning, you muſt haue a care that his bodie bee made cleane, from all the excrements, by the ſeidge below, and by purging the head aboue at the noſe, waſhing his mouth,

cares

eares and eyes, and combing of his head, both for the lightning of the ſame and making of the haire pleaſant and faire.

And having attained to the age of five yeares, ſend him to the Schoole, where hee may with the elements of knowledge, bee informed in the rudiments of pietie, that is, taught to know loue, feare, and ſerve his GOD. *The neglect of this makes them firſt diſobedient to their parents, next ſhameleſlie deboſht. thirdly, ſpectacles of miſerie through their tragicall end, or obiects of pitie, having nothing to ſpend: our thriftie yea rather theifie parents now a dayes, ſtriving* per fas & nefas, *by hooke and crook to bigge a hedge of earth about their children, either they liue within this hedge a firie divell, or a ſillie foole.* The frenetick foole (when old miſer is gone to hell to beare *Dives* companie, who living, would not beſtow a pennie on the poore, or dying, leaue any of his goods for any publick worke, as planting of Seminaries of learning, building of Kirks and Hoſpitals:) not able to ſuffer the heat the hedge doth make, preſently maketh a breach, in turning his fathers cape (as old as the King) in a ſilke bever, his two pennie band in

a thirtie pound ruffe, his coate and cloake of the wyfes making, in ſome rifling ſilks and his doubled with panne drop de ſeau cloake. His courſe prickes, in ſtockkings, garters, roſes, ruſſet walking bootes, and gingling long necked ſpurres, his prentiſe in a page. Thus breach being made, where through the Gallant hath paſt his body, next the tempeſtuous winde of the vengeance of GOD, which the father had ſcraped together with the goods, ſeaſeth on the hedge, and entereth the better of the breach: this wind is, ſome miſcheife befallen this Gallant in his intemperat over night drinking as murther, or by his immoderate gaming at cards and dyce, (the divells two ſpeciall factors) as loſing of a great part of his goods: the murther takes his head, loſing, takes his wit, ſo that thereafter, as a madde man, deſparing of recoverie, with both his hands he throweth downe the hedge, and ſcattereth the ſame abroad to everie one paſſing by: thus my Gentleman the laſt yeere, by the meanes of his geare, ſuppoſed a Lords peere, this yeere being poore is a beggars brother, and yet theſe gentills are very frequent amongſt vs: ſo for one lawfully begotten,

and

and truely nobilitate, by vertue there be twentie earth borne baſtards, new ſtart-vps, by the excrements of their mother the earth: if I were a noble, I ſhould be aſhamed of ſuch a mother.

The ſilly foole ſitteth within his hedge, like a gouſe on egges, then preſently a cunning catching Lawyer marries his ſiſter, who findeth out ſome clauſe in his evidents, by the which hee alledgeth a parte of the hedge to belong to him, ſo my block-head getteth vp to hold vp his hedge. The while hee is a ſtrugling with his partie, there commeth one behind him, (a pirate by ſea, or a thiefe by land,) and hee pulleth downe a parte of it: next his wife at home tyed to him a duarfe, or an impotent, either of body or of mynd, ſometymes of both, (forced by her parents) allured by his goods to match with him: yea, (if without offence I may ſay it) holden like a Kow to the Bull, (not enjoying, though a reaſonable ſoule, the libertie of the prettie birds, vnreaſonable beaſts, who doth make choiſe of their owne mates,) maketh of a ſilly aſſe a horned ſheepe: Thus the Lawers chyding, the Pirats or theeves robbing, the wifes whoo-

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ning abateth the poore ſottes little courage, and not prevailing for all his toyling, hee returneth gouſe-like to his neſt againe, where wringing his hands, and hanging his head, his geare hee ſeeth ſpent, while hee hath neither meate, drinke, nor clothes of it.

Of the diſeaſes befals Children, and their cure.

Although that children bee beſt provyded in naturall heat and moyſture, from the which the life of man depends, yet they are ſubject to many diſeaſes. Children that are all over ſcabbed, alſo that caſt much flegme and pituite at mouth & noſe, ſuchlyke theſe whoſe bellie is verie louſe, if it doe not proceed from too great aboundance of meate, prognoſticks a more conſtant health to follow. The infirmities of babes, are puſtuls in the rooſe of the mouth, called the water canker, vomiting, cough, watching the night, feare in the ſleepe, wakneſſe of the eares, and inflamation of the navell. And when their teeth breaks foorth, they are troubled with a itch in the gumes, fevers, convulſions, fluxe, and when they become older and greater, an inflamation in the waxe kirnels

diſ-

disjoynting of the vertebres or links of the back, a ſhortneſſe of the breath, the gravell, wormes, cruells, and other tumors in diverſe parts of the body. The puſtuls of the mouth, according to *Galen*, commeth of the ſharpneſſe, and ſeroſitie of the milk which eaſily exulcerateth that place, being as yet tender: Vomiting is from the abundance of the milk, over-charging the weake ſtomack: the cogh is from the humiditie of the braine diſtilling on the lightes. night watching, of the ſharpneſſe of the vapours that ariſeth from the ſtomack to the head. Feare in the ſleepe, is of the meate corrupted in the ſtomack, which ſendeth evill vapours to the head, from the which aryſeth dreames, procuring feare. The running of the eares is, from the humiditie of the braine: the inflammation of the navell proceedeth of the evill cutting and binding of the ſame: The icth of the gumes, from the pricking of the teeth preaſing foorth. The fever floweth from the paine the teeth maketh, from the night watching, and from the inflammation of the gingives. Convulſions are from the former cauſes, as alſo from the cruditie of the nuriſhment, which hurteth the nervous

vous partes, which are not as yet ſtrong.

The fluxe commeth of the indigeſtion of the ſtomacke. The inflammation of the waxe kirneles, and likewiſe the diſlocation of the linkes of the backe, are from defluxion from the head, as alſo the ſhortneſſe of breath called *Aſthma*. The gravell taketh the origine from aboundance of raw humours ingendred of the gluttonie of the chyld, the which going to the bladder, furniſheth matter to the heate, to worke on for the production either of a ſtone, or of gravell. Wormes breeds of the corruption of the ſuperfluities of the body, and of the great heat of the ſame. Tumours, Cruels, and the like, of the aboundance of the foreſaid ſupperfluities.

Hence it appeareth that bairnes are ſubject to many ſickneſſes, which ariſeth either from the comming foorth of the teeth, or from the evill nouriſhment they haue gotten in their mothers bellie, or of the evill milk of the Nurſe, or from their evill guiding, by their mother and Nurſe, or from their owne gluttonie, or immoderacie in ſoucking, drinking, eating, moving, or ſleeping. For to make the teeth come foorth eaſily, and ſo to preveene the

ſickneſſe that may flow from thence, as fevers, convulſion and the reſt: the Nurſe muſt rubbe the gumes gently with her finger, both for to open the paſſages and alſo to draw foorth the water that is within, bowing the childs head that the rheume may powre out, afterward oynt the ſame with oyle of camomile, or ſweat almonds, or dukes, or hennes greaſe, or with hony, or freſh butter. During this tyme, hee ſhould ſouck leſſe then before, alſo abſtaine from all chawing meate, not vſing any thing that is actually cold, for feare it ding back the humour ſent thither to prepare the paſſage to the teeth that are comming foorth, for the eſhewing of the reſt of the diſeaſes, let the mother, the childe, and the Nurſe keepe the dyet that hath beene ſet downe to them, and ſo I leaue them.

Of conception according to the diverſe ſortes of it.

As conception doth cauſe joy when it is found to bee true; ſo being falſe, the hopes fruſtrate, moveth griefe. For preveening theſe ſuddaine changes, I haue thought it expedient to annexe heere the markes of both the one, and the other.

The

The ſignes of true conception.

There bee diverſe ſignes of it which are commoun to it, with a falſe conception: paſſing theſe, I will heere make mention of the chiefeſt: as are, the retention of the ſeede by the femell ſexe, after the lawfull and naturall imbreacings of both the ſexes. Next a contraction of the matrix, which breedeth a ſhivering through the whole body, and a coldneſſe a-longſt the back. Then within a little ſpace a ſmalneſſe of the belly, eſpecially about the nevell, where it appeareth to be ſome-what hollow, and when the tyme of her flowers draweth neere, in place of them ſhe finds her papes become hard and hote, at the end of three or foure month the child doth moue.

Of falſe conception.

There bee diverſe ſortes of it, aryſing either from a lumpe of fleſh, in the matrix, called *mola*, or from a wind or a watter: A *mola* is a lumpe of fleſh without ſhape, bred in the matrix, which either ſooner or later is caſt foorth. It is cauſed of a little portion of ſeede invironed, and almoſt chokked by a too great abundance of menſtruous blood, and ſo the ſpirits are not able to forme any thing: The marks

are one in the beginning with a true conception, as a ſtopping of the flowers looſing of appetite, loathing, vomiting, ſwelling of the belly, and growing of the papes. But after they differ, for with a true conception a woman dayly after the firſt moneth groweth luſtier, with a *mola* dayly worſe, after the third or fourth moneth a child moveth, but a *mola* never except, when the woman turneth in her bed, and then like a ſtone it falleth from one ſide to an other: it moveth often by this falling the paines of her birth, without effect. It hath moreover a certaine pricking and grinding in the belly; alſo being preſſed by the hand, it giveth place or way to the preſſer, returning againe to the owne roome, which a child or true conception will not doe. Such like the belly is much harder with a *mola* than with a child. In a *mola* the monethly courſes ruſheth often foorth like little peeces of fleſh in great quantitie, and then the woman dayly becommeth extenuate, in end all the body ſhirping, and the belly growing, it reſembleth an hydropſie, yet it is different from it by the hardneſſe of the belly by it, and in not receaving any impreſſion made by

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the finger or hand: it brings an vniverſall laſineſſe of the whole body, with a ſoftneſſe of the members and trembling; ſometimes a ſwelling of the eyes and lippes, a diſſineſſe of the head. A *mola* is caſt ſoorth ſometyme after fourtie dayes, ſometymes after three moneth: others keepe it two, three, foure, or fiue yeeres, yea all their life.

A falſe conception from wind or water.

Such ſorte of falſe conceptions befalleth when the monethly courſes are ſtopped to a woman vſing the companie of man, and her belly riſeth, the reſt of the marks of a true conception concurring, ſhe not having for all this conceaved any liuely thing, but ſomething correſpondent in ſubſtance to ſome of the elements, as wind or water: the cauſe of theſe is the ſeede of both the ſexe infirme and weake, receaved by a matrix of the ſame indiſpoſition, by the which meanes the ſpirits contained in the ſeede, doth evaniſh: it may proceede alſo from a ſmall skinne, cloſing the mouth of the matrix, and ſo ſtopping the iſſuing of womans monethly courſes, whereby the belly ſwelleth, and is bended, vpon the which there followeth often the fittes

of

of a woman travailling: this is knowne to bee the cauſe, when that the skinne is cutte, and the blood guſheth foorth, and ſhee is fred of her paine: To try theſe ſorts of conceptions, wee ſhould try if the woman hath beene troubled before by corrupt, or vnnaturall courſes, (as commonly they doe preceede) vpon the which hath followed preſentlie this ſwelling of the belly, whereby it differeth from a true conception, in the which the wombe firſt is drawne in, before it be bended foorth: if the matter of this falſe conception bee windie, it is knowne by the reſounding of the belly beatten thereon, like vnto a drumme: alſo by a paine of the heade, loynes, backe, and of the privie members. If water cauſe it, there is perceived into the motion from one ſide to an other, the noiſe of water catched to and fro; alſo a dropping of a ſerious watrie mater from the ſecreete places, which is verie byting, and of an evill ſmell, the feete, face, and eyes ſwell in it, the whole body becommeth pale, and they looke like hydropicks, and almoſt the reſt of the marks of a *mola* are to be found heere, from this diſeaſe women become often barren.

The

The not diſtinguiſhing of a true conception from the falſe, hath beene often troubleſome and chargable to diverſe: Such Was the caſe of a Lady in Burdeous, *who after nyne moneths careſull carying of her ſelfe, leaſt ſhee ſhould hurte her ſuppoſed child, and three weekes troubleſome travailing, in end Was delyvered of a fart forſuith: Let any man who is feared for to be deceaved either With pillowes vnder the kilting, or farts in the skirping, ſupplie that which hath beene omitted by me, for I hope not to be deceaved this twelue moneths by my wife, and ſo farewell.*

FINIS.